

U9-U10: Part Two

Defending 1v1 review and 2v1 (2 defenders and 1 attacker)

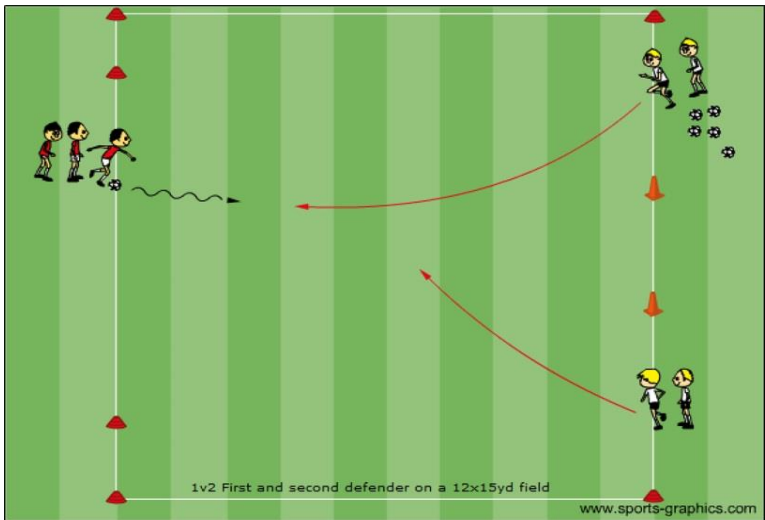
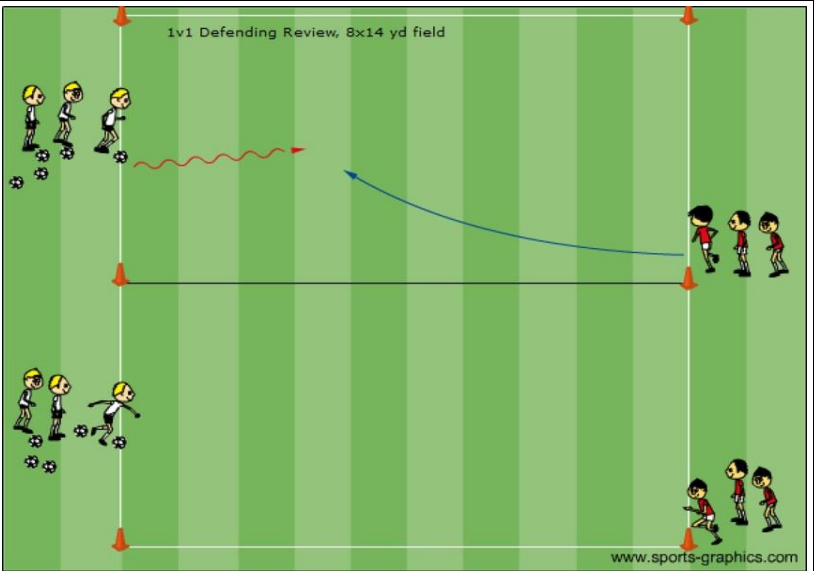
Warm up- 1v1 Defending in an 8x14 yd area
2-3 fields. No more than 6 players/field

1) Play begins with Attacking player dribbling in, at which point the defending player comes out to defend. Attacking player tries to score by dribbling across the end line. Defending player can score if they win the ball by dribbling across opposite end line.

Variation- Add a small goal to the middle of the end line. players must score by passing through the small goal.

Coaching points-

- Speed and angle of approach by the defender.
- Body shape, lead with one foot, don't be flat.



Game 1 12x15 yd field 1 attacker v 2 defenders

1) Play starts with either the coach or the defending team playing a ball into the attacking team. Two defenders come out to defend against one attacker.

2) Attacker tries to score on the middle goal, defenders can score in either of the two small corner end line goals.

Variation- Add a second attacker.

Coaching points

- See above 1st defender coaching pts
- Communication between defenders
- Angle and distance of supporting 2nd defender

Small Sided Games