

Topic: Defending and attacking near goal

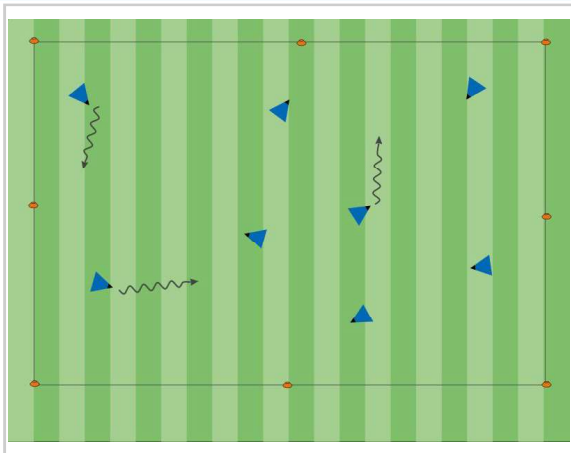
Objective: To gain understanding of individual defending technique

Player Actions: dribbling, defending, shooting, passing



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: Train dribbling to keep head up with no pressure

Organization:

Open space on one half of 3v3 field - everyone with a ball

"dribble however you want"

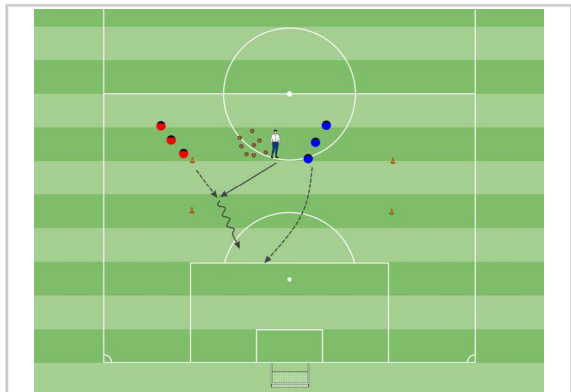
Vary limitation with parts of feet, moves they have learned, stop-go, etc

Coaching Points/Guided Questions

How do we not run into anyone? Head up

How do we dribble into space? Fast with big touches

Small space? Inside, outside and bottom of feet... small touches



Objective: attack and defend near goal

Organization:

1v1 with balls being played from coach - rotate after each. Shooter gets their own ball. If defense wins, they play to coach.

Olders can use GK if it works for them

Coaching Points/Guided Questions

Recover to goal, not at attacker

Keep them in front - body between ball and goal

Don't let them shoot



Objective: attack and defend near goal with more numbers

Organization:

Wider than previous activity

Start 2v1 and go to 3v2

Olders can use GK

Coaching Points/Guided Questions

Who goes to defend the ball? Closer player

Where should the other person be? Bring out solutions to that.

What happens if he gets beat? Other defender goes

No shots!

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 3v3 or 4v4

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4

7v7

9v9

11v11

Moment: Defend near goal

