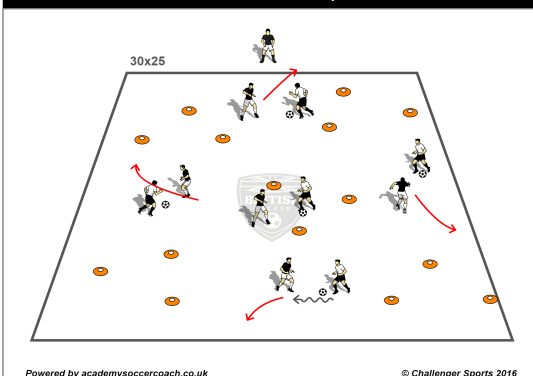


Topic: 1v1 Defending

Objective: To improve decision making when defending in a 1v1 situation.

Session Part: Technical Warm-up



Organization

Time: 10

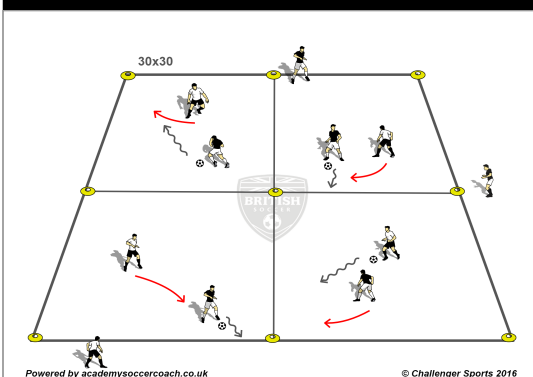
- Area: 30x25
Numbers: 10 Players
- Players split into pairs - 1 ball between 2.
 - 5 triangle/scoring zones created with disc cones inside the area.
 - Players numbered 1 & 2, player 1 dribbles, player 2 defends/jockeys.
 - Player 1 attempts to dribble the ball into the scoring zones to score a point.
 - Player 2 attempts to steal the ball and dictate where the dribbler can/cannot move to in the area.

Progressions

Coaching Points

- Unopposed - opposed warm up.
- Increase/decrease scoring zone size.
- Add/limit the number of defenders.
- Add/remove certain scoring zones.
- Pressure on the player with the ball.
- Side on stance - bent knees.
- Dictate where the dribbler can move.
- Remain patient and composed.

Session Part: Small Sided Game



Organization

Time: 15

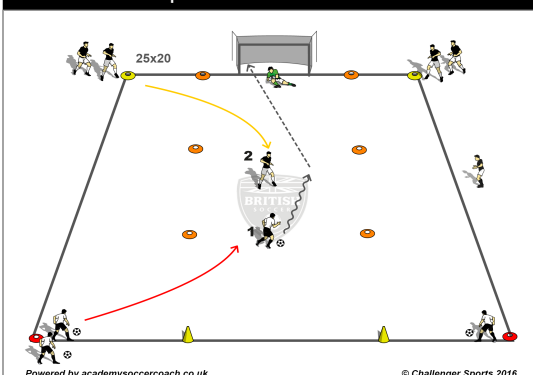
- Area: 30x30
Numbers: 10 Players
- Players split into pairs/groups of 3 - 1 ball per group.
 - 4 equal sized grids for each group to work within.
 - Players aim to dribble the ball to the defenders end line and stop the ball.
 - Defenders aim to delay the attacker and steal the ball.
 - If defenders steal the ball they can transition and stop the ball on the attackers end line.

Progressions

Coaching Points

- Set time limit to score within.
- Increase/decrease grid sizes.
- Add goals.
- Add a second attacker/defender.
- Introduce points system.
- Apply pressure on the ball.
- Side on stance - bent knees.
- Delay the attackers movement.
- Pinch/steal the ball when the opportunity is created and transition at speed.

Session Part: Expanded Small Sided Game



Organization

Time: 20

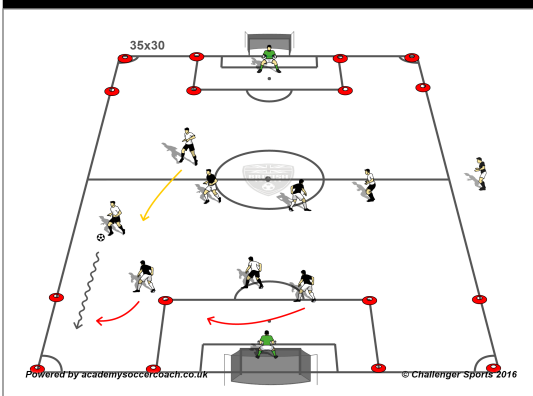
- Area: 25x20
Numbers: 10 Players
- Players split into 2 teams - 1 goal with a goalkeeper.
 - Team 1 (attackers) begin with a ball each facing the goal.
 - Team 2 (defenders) begin either side of the goal without a ball.
 - Player 1 dribble the ball into the central zone marked with disc cones and aims to score.
 - Player 2 applies pressure and attempts to steal the ball, and stop it in between the 2 tall cones.

Progressions

Coaching Points

- Set time limit for players to score within.
- Add a second attacker.
- Add a second defender.
- Increase/decrease central zone.
- Attackers and defenders switch roles.
- Quick reaction to pressure the attacker.
- Low center of gravity - side on defensive stance.
- Push the attacker to the sides.
- Delay movements and attempt to steal the ball.

Session Part: Game



Organization

Time: 15

- Area: 35x30
Numbers: 10 Players
- 5v5 game with goalkeepers.
 - 4 grids created in each corner of the field.
 - Defenders aim to score points by forcing attacking players into the corners.
 - Teams play a normal game attempting to score in opposing teams goal.

Progressions

Coaching Points

- Create overloads for teams - test defenders.
- Decrease grid sizes.
- End with free play.
- Closest player applies pressure.
- Second defender provides cover.
- When to jockey/when to steal.
- Teamwork and communication.