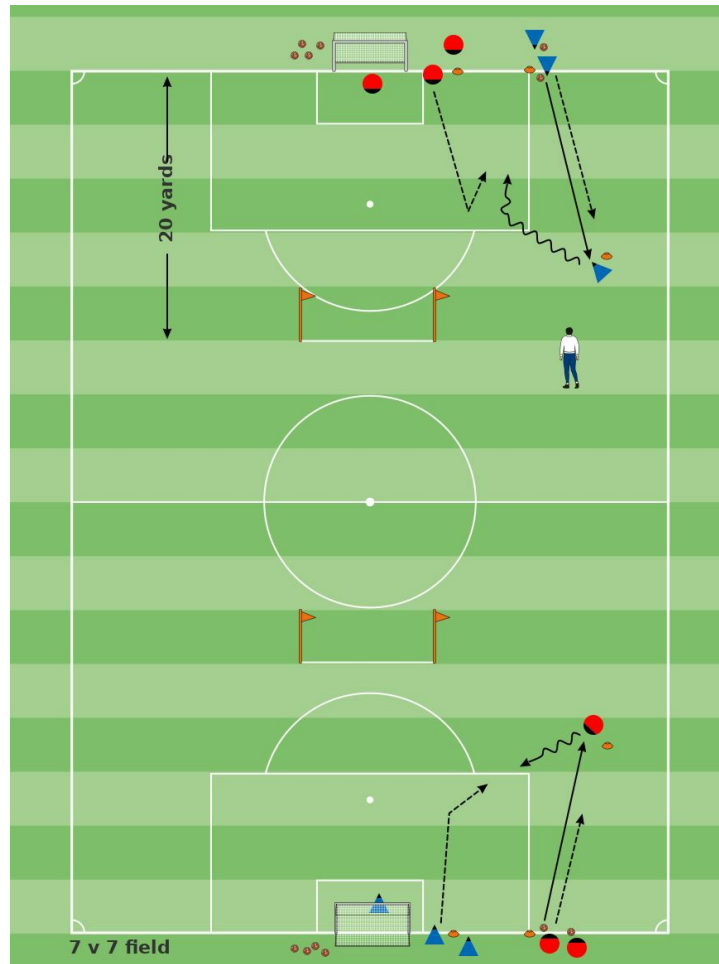


**PRACTICE (Less Challenging): 1 v 1 on Wing - Defender Facing Attacker**

**OBJECTIVE:** Same as Core Activity, except players line up on the wing.

**PLAYER ACTIONS:** Protect goal, Get compact, Stay compact

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**ORGANIZATION:**

Same as Core Activity, except players line up on the wing.

**KEY WORDS:**

Defend the goal, step to the ball

**GUIDED QUESTIONS:**

1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

**ANSWERS:**

1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them away from the goal. 3) They could play the ball past us. 4) Take long steps to get there and short steps as you get closer.

**NOTES:**

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

**MOMENT:**  
Defending

**AGE:**  
U8-U14

**PLAYERS:**  
1 vs 1

**DURATION:**  
10 Min