



PLAY – 1v1 DEFENDING

Focus: Closing down the ball carrier early

Explanation

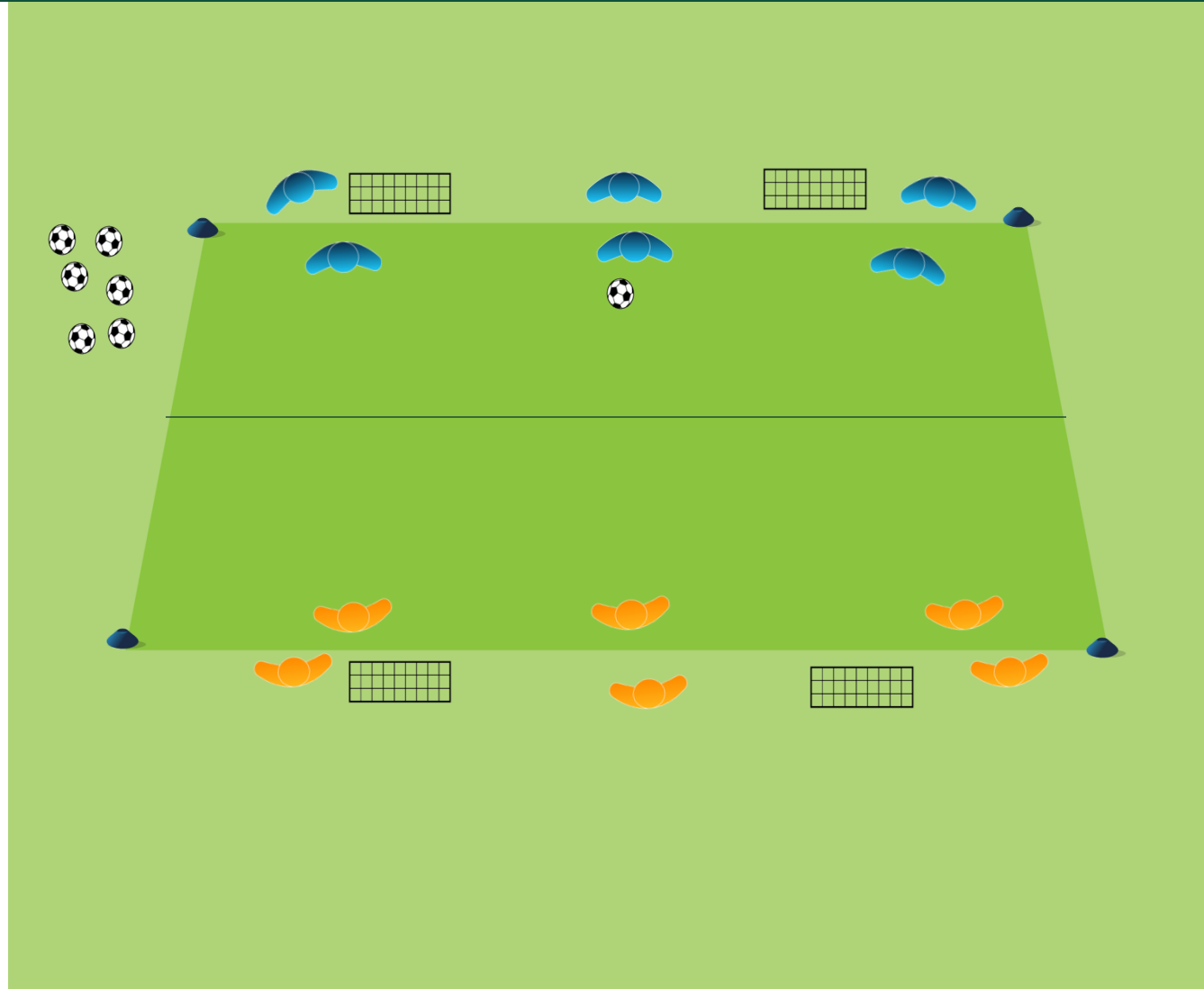
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2, and build to 3v3 per field.
- When all players arrive separate the two teams to either side of the pitch.
- Have 3 players from each team step forward ready to go 3v3.
- The coach will play the ball in to the first team and they take their touch forward and work with their teammates to score in the opposite goals. Goals only count if all players from that team are on the attacking half of the pitch.

Coaching Points

- As defenders can we press up early to stop the attackers getting in our half?
- Can you stop the player with the ball from getting the ball past you?
- Anticipate the moment to tackle and win the ball back.
- If you win possession of the ball, can you counter quickly to score?

SO-CHANGE-IT

- If you have more than 12 players, then either set up another field or go to 4v4+.
- Not enough small goals? Then use cones or poles.





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- Using the same areas as the Game Play, split the players into groups of 6.
- One colour group starts one side (blue) and the other colour (orange) starts opposite with the balls starting at the coaches feet.
- The coach will serve the first ball into a player (blue). The blue player will come meet the ball and an orange player will set up to defend 1v1.
- Once the blue player scores or orange wins possession and scores then the next 2 players enter the field and it becomes a 2v2, the coach will feed the ball in to the team that scored.
- This will continue after each goal until all players are on the pitch, then it will reset in a new order.

Coaching Points

- Shut the ball carrier down quickly.
- Slow down as you get closer to the ball.
- Get low so that you can change direction quickly if needed.
- Show the opponent away from the goal.
- Can you see an opportunity to win the ball back?
- If you win the ball back, can you quickly counter and score.

Repeat Game Play

- Return to the first game set up for the last part of your session.
- Has the players 1v1 defending skills improved?

