

2011 Age Group Training Topic: Defending (1st Defender)



Key Points Players should learn

1. Body Shape
2. Speed and angle of approach
3. To tackle or Delay

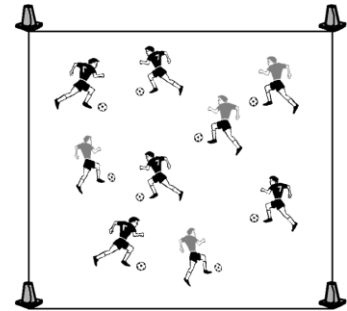
Arrival: Small Sided Games

Players play games of 3v3 and 4v4 until session starts.

Coaching Points:

1. -NO Coaching
2. Allow players to think for themselves
3. Creativity and problem solving

Break into Groups of 6-8

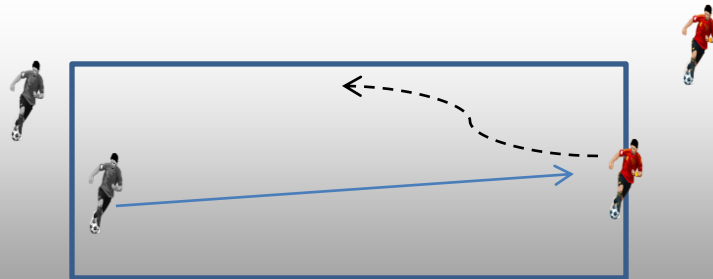


Activity One: 1v1 defending

Set up 10x15 grid. Play A passes to B and closes him down. Player B tries to beat A to endline.

Coaching Points:

1. Close quickly (desire to win ball back)
2. Press to one side
3. Body Shape (low and balanced)
4. Communication ("Ball")



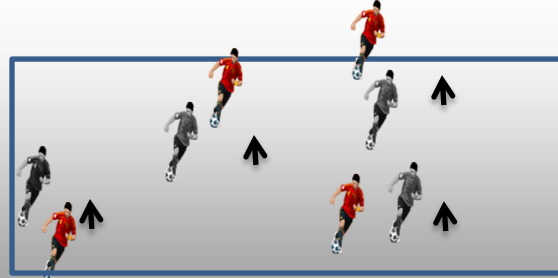
Activity Two: 1v1 challenge

Set Up: 30X15 grid as below. Play 1v1 to cones for 45 – 60 seconds. Winner stays, loser moves on.

Points: 1 point for hitting cones
1 point for stealing ball
3 points for ending with ball
Tie: whoever ended up with ball.

Coaching points:

- 1.) Toughness and desire to win ball
- 2.) Body shape and balance
- 3.) When to delay and when to tackle



Game: 3v3 or 4v4 games

Players play small sided games to end the session.

Coaching Points:

- 1) Limited coaching- evaluate players
- 2) Who is ready to play at the next level?
- 3) Only coaching points should be directly about last activity.

Coaches: Please use the final game as a chance to talk about which players deserve a chance to play up at the next level. Discuss what you've seen in the session and during the last week.