

Description

Defending 1 v 1 - Positional Sense to Delay

Warm Up

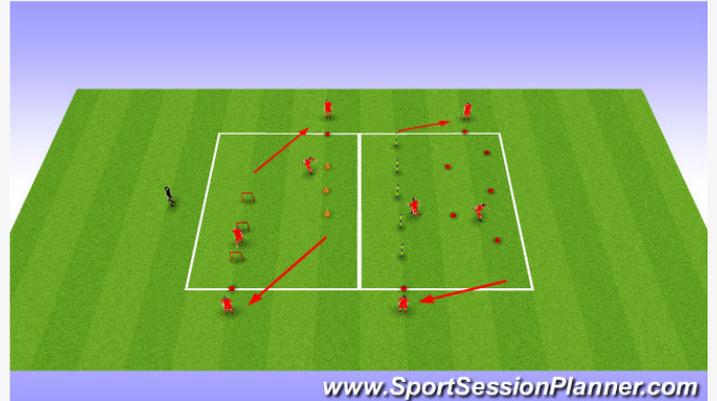
Organization

SAQ

Players perform a variety of dynamic movements through or over the obstacles

Competencies

- Change of direction
- Change of Speed
- Balance
- Coordination



1 v 1 Defending

Organization

20 x 20 Yard square split into 2 channels

Player 1 passes to player 2 and applies immediate pressure

Player 2 tries to score by dribbling the ball over player 1's end line

If unsuccessful player 2 can introduce player 3 with a pass

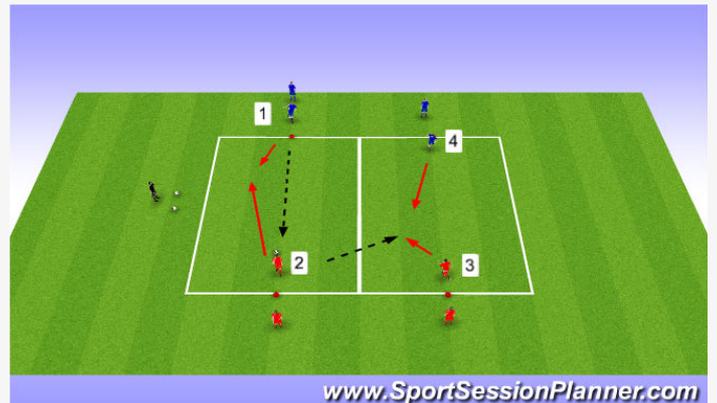
Player 4 can then enter the field to create a 2 v 2

Players must stay in their channels to force 1 v 1

Each team can score by dribbling the ball over the opponents end line

Competencies

- Quick approach to the ball
- Slow down as you get closer
- Choose a front foot and stay with it as attacker moves forward readjusting body position as necessary
- Get low or 'Sit Down'
- Body position in relation to the ball (too close vs too far)
- DON'T 'dive in' or commit too early
- Force attacker to make a mistake or lose control of the ball
- DELAY and BE PATIENT



1 v 1 Defending in Front of Goal

Organization

Add goals at either end

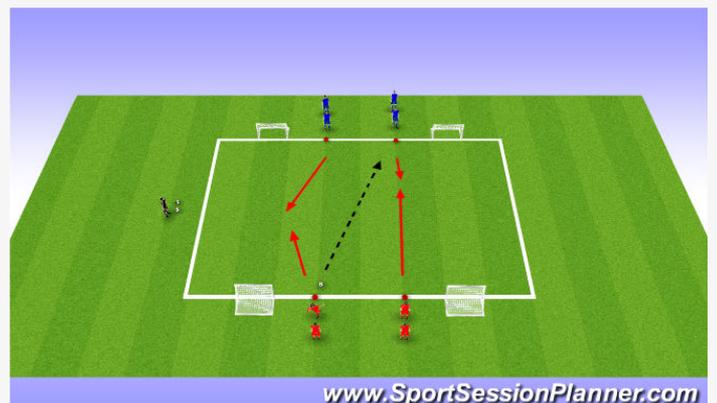
The defender plays a pass to the attacker who must get past 1 v 1 and score

The defender can score by winning the ball and passing into either of the attackers two goals

The attacking team can introduce a 2nd attacker at which time the defending team can introduce a 2nd defender to create a 2 v 2

Competencies

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- Slow down as you get closer
- Choose a front foot and stay with it as attacker moves forward readjusting body position as necessary
- Get low or 'Sit Down'
- Body position in relation to the ball (too close vs too far)
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- DELAY and BE PATIENT



Small Sided Game

Organization

4 v 4 or 5 v 5 with GK's

Encourage players to defend 1 v 1 where appropriate

Players need to recognize:

- When they are close enough to affect the defender with immediate 1 v 1 pressure or drop and take away space
- What position to take up 1 v 1 that will force the attacker in to an area of the field that benefits the defending team (into supporting pressure, a direction that is not forward, off the field etc)

DON'T chase the Ball !!

