

Description

Defending 1 v 1 - Positional Sense to Delay

Warm Up

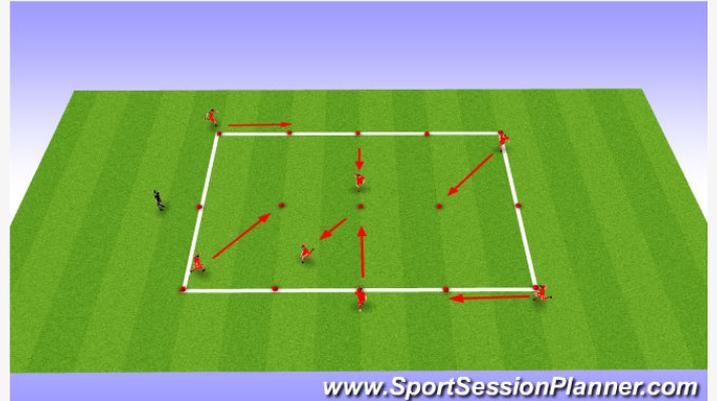
Organization

20 x 10 Yard area set up in 5 x 5 Yard squares
Players move from cone to cone changing directions and performing a variety of dynamic movements

- Side Strides
- Karaoke
- High Knees
- Open and Close the Gates
- Thigh and Hamstring Stretching

Players can perform these movements in a pattern:

Jog one, high knees one, Karaoke one, sprint one etc



1 v 1 Defending

Organization

4 channels 5 x 10 Yards

The player with the ball touches into the channel and the defender applies immediate pressure

Defender takes up a positive defensive position and move backwards according to the movement of the ball as the attacker moves forward

Competencies

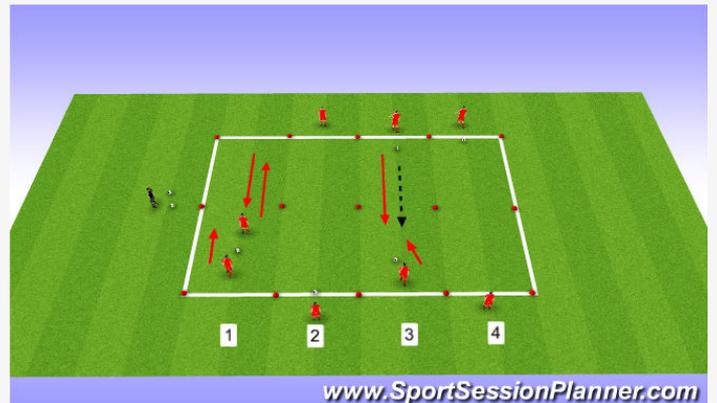
- Quick approach to the ball
- Slow down as you get closer
- Choose a front foot and stay with it as attacker moves forward readjusting body position as necessary
- Get low or 'Sit Down'
- Body position in relation to the ball (too close vs too far)

Progression (Channels 3 & 4)

The defender plays a pass to the attacker who must get past and across the defender's end line

Competencies

- As above
- 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

Extend channels and add goals at either end

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

The defender can score by winning the ball and passing through either of the attacker's two coned goals

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



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 !!

