

Ela Rec 1-4 1v1 Defending
AGE: U7 / U12 / 11 players
TEAM FUNCTION: Defending



OBJECTIVE: Improve the individual player's ability to defend in 1v1 situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

 11

 60 min

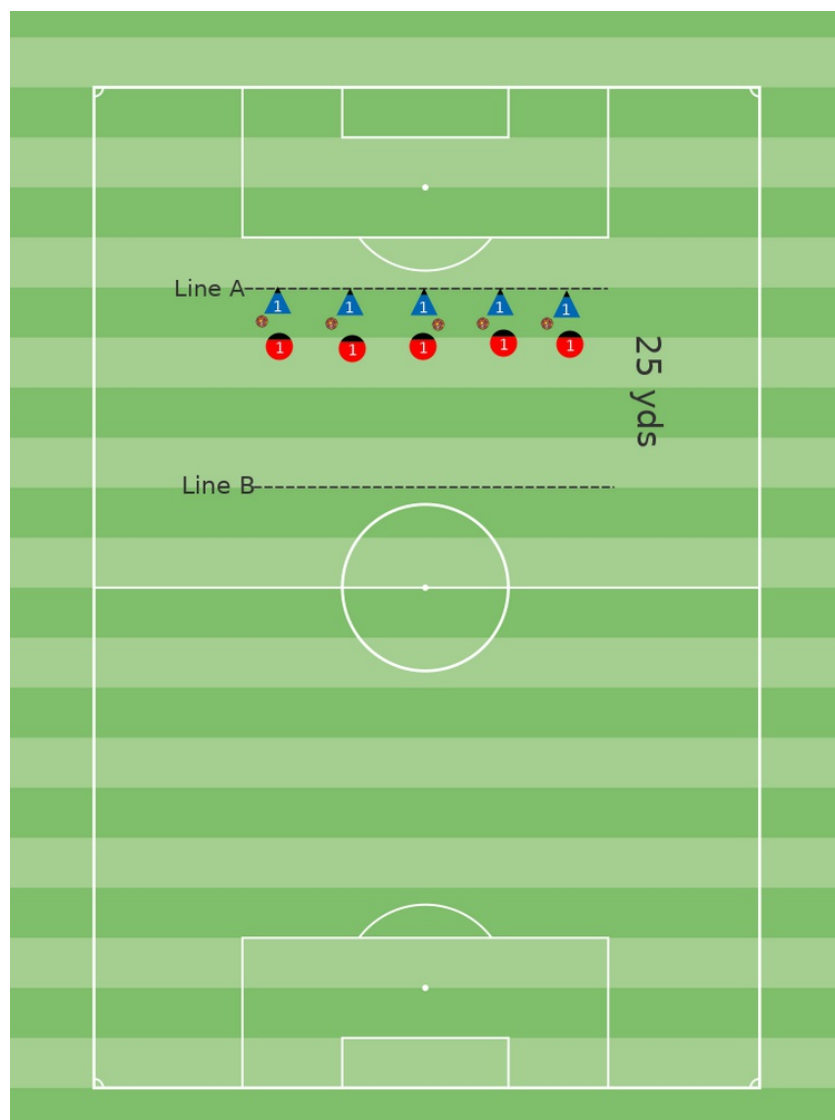
1v1 Defending Warm Up
1v1 Defending to Goal
3v3 with 1v1 Defending Focus

1v1 Defending Warm Up

OBJECTIVE: Improve the individual player's ability to defend in 1v1 situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Players on line A begin with a ball with a defender "shadowing" as the player with the ball dribbles to line B. Once the pair arrives at line B the ball should be given to the other player and switch roles back to line A. Players defending should work on the appropriate 1v1 defending technique without ever tackling the ball away. Work in dynamic stretches in between repetitions. After a few repetitions the coach shouts out "Switch!" after 10-15 seconds. When players hear the coach they should immediately switch roles forcing the player dribbling to transition to defending quickly.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Defending

 **AGE:**
U7 / U12

 **PLAYERS:**

 **DURATION:**
12:30 min (8 x 1:0 min, 0:30 min rest)

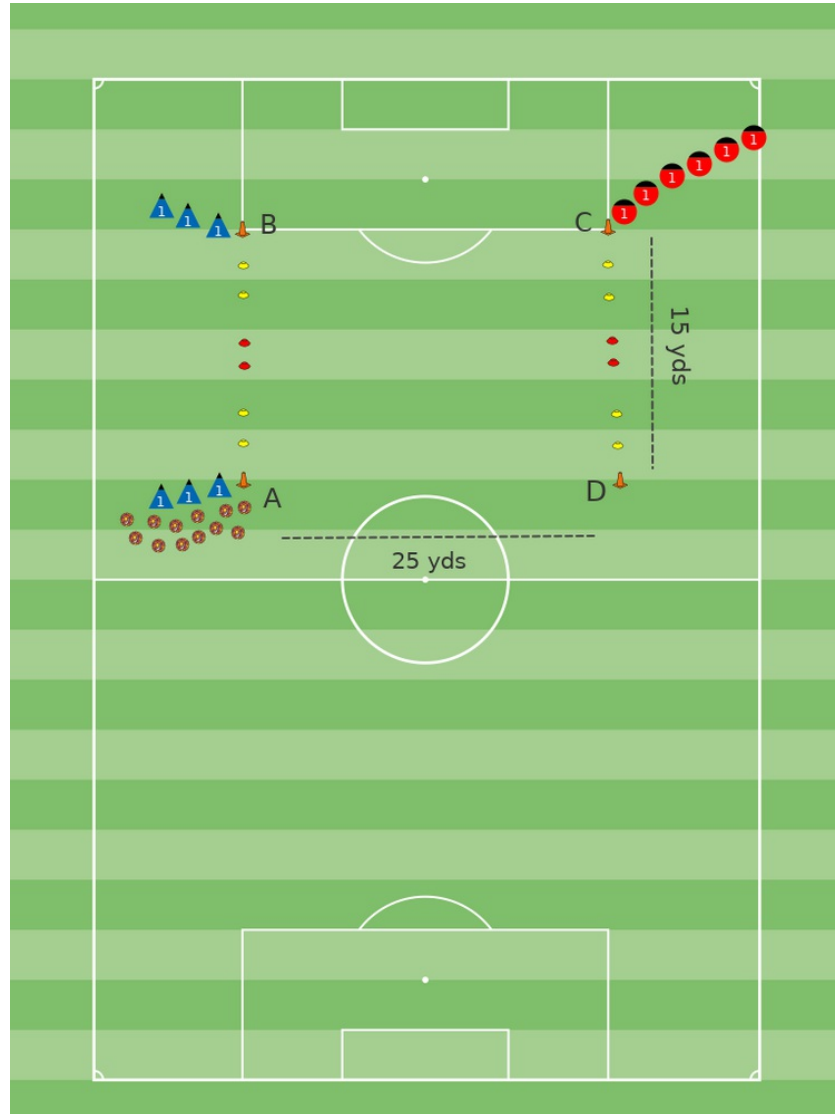
 **INTENSITY:**
Very Very Light

1v1 Defending to Goal

OBJECTIVE: Improve the individual player's ability to defend in 1v1 situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Defending team will split amongst cones A and B. Attacking team will be at one cone. Defender at cone B will serve ball to attacking player. Defender at cone A will step on and defend 1v1. Defenders switch lines after each repetition. Attacker must try to dribble through any of the cone goals on the opposite end line. If the attacker dribbles through either yellow outside goal the defending team gets 1 point. If the attacker dribbles through the middle red goal the defending team gets 3 points. Defenders may score in the opposite goals if they win the ball with the same scoring system. Play for 2 and a half minutes and switch roles. The team with the lowest score after two rounds wins.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Defending

 **AGE:**
U5 / U13

 **PLAYERS:**

 **DURATION:**
18:45 min (6 x 2:30 min, 0:45 min rest)

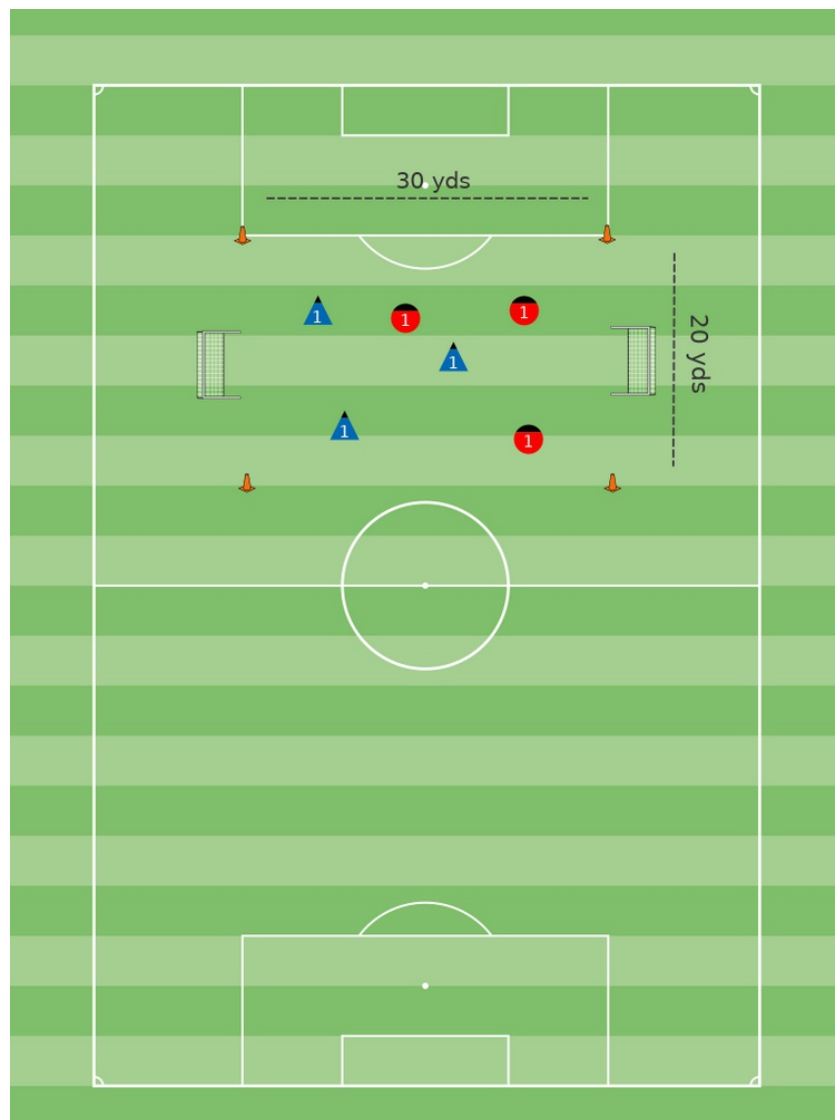
 **INTENSITY:**
Moderate

3v3 with 1v1 Defending Focus

OBJECTIVE: Improve the individual player's ability to defend in 1v1 situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. You can use GKs and additional field players if numbers require. Play a normal game. Scoring system is 1 goal for a goal and 3 goals if you beat a defender 1v1 off the dribble. Play 4 minute games. Coaching points should be focused on 1v1 defending situations. (If you have too many players to make a 4v4 game you can give each team subs and make the rule if a defender is beat in a 1v1 situation they must sub off).

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Defending

 **AGE:**
U7 / U12

 **PLAYERS:**
3 vs 3

 **DURATION:**
14:0 min (3 x 4:0 min, 1:0 min rest)

 **INTENSITY:**
Very Hard

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TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

AGE: U7 / U12 / 11 players

TEAM FUNCTION: Defending

DURATION: 60 min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: