

Date:

Topic: 1v1 Defending



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ol style="list-style-type: none"> 1. Divide up players into small groups 2. Players will rotate between attacking and defending. 3. Defenders will serve the ball and immediately defend the two small goals 4. Attackers must dribble through one of the two small gates to score. 5. If the defender wins the ball they can transition and dribble through the opposing gate. 		<ul style="list-style-type: none"> • Close down quickly • Body shape to push attacker in one direction • One foot slightly forward- poke tackle • One foot slightly back as a block tackle • Bent knees- athletic stance • Force ball one way
<p>Phase Two</p> <ol style="list-style-type: none"> 1. Make teams that compete for points. 2. Attackers get one point for dribbling through large gate and/or another point for scoring on small goals. 3. Attackers can shoot on the small goal from anywhere if they are not closed down fast enough. 4. Defenders must deny dribble penetration and also deny a shooting opportunity. 5. If the defender wins the ball they can transition to the attack. Attacker becomes the defender. 		<ul style="list-style-type: none"> • Footwork- keep your feet moving • Be patient! Wait for the attacker to expose the ball with a big touch • Front foot can jab the ball and toe poke away • Back foot can block tackle • Defender must try to maintain goal side position on the attacker regardless of the ball
<p>Phase Three</p> <ol style="list-style-type: none"> 1. Two teams. Competitive game. 2. Goalkeeper (or field player) serves ball to attacker. 3. Defender must deny a scoring chance and try to win possession. 4. Defender must win the ball and transition to attack opposing goal. 5. Players return to their respective sides. 6. Play for time and then change roles. 		<ul style="list-style-type: none"> • Close the shot as quickly as possible • Angle attacker to wide position • Angle attacker to weaker foot if possible • Be patient. Don't dive in. • Be brave. Don't flinch on the shot or fake shot. Keep feet on the ground and force the attacker to put their head down on the ball.
<p>Game Phase</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
<p>PLAY!</p>	<p>. 2v2, 3v3, 4v4</p>	<p>Coach defending.</p>