



## Attacking and Defending

**Category:** Technical: Attacking and Defending Skills  
**Difficulty:** Beginner

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Individual-Young Member

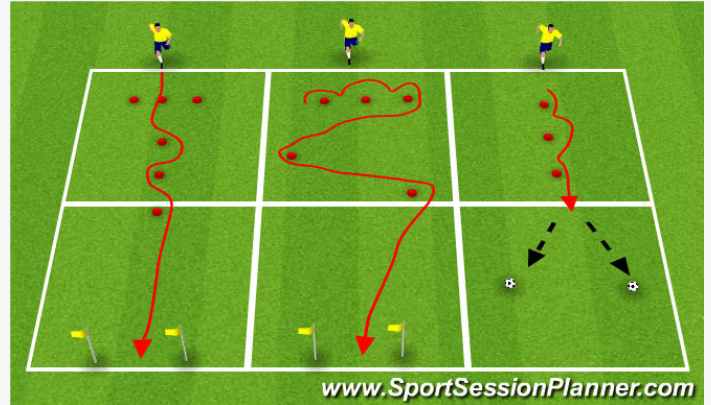
### Description

#### Dynamic Warmup

Set up various exercises to show the players the movements that are needed for the next progression of the training session. Have players in groups of 4 to 5, then rotate through to each station after a few minutes.

1. Jump over a set of cones, zig zag between 3 sets, then sprint through a gate. 2. Hop over a set of cones laterally, quick diagonal run & change direction, then sprint through gate. 3. High knees over cones, then pressure one of two balls as quickly as out of cones.

**Key Points:** All done at 100% as quickly as possible, attacking and defending must be done at pace.

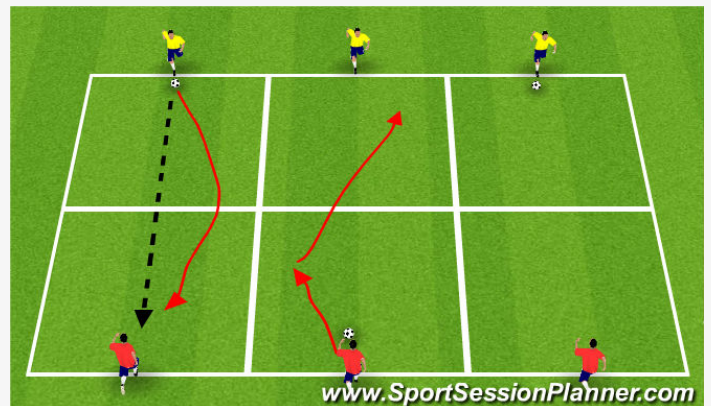


#### Technical Activity

##### 1v1 Game

Defenders play ball to attacking player, attacking player attempts to dribble past defender and over their line. Defenders attempt to win ball back from attacker and dribble over their line. Keep numbers to only groups of 2 or 3. (4 to 6 players in each station. Encourage defenders to not just kick ball away, but rather pull ball from attacker.

**Key Points:** Attacker must take good 1st touch out in space and attack the defender. Pull them in one direction, change quickly and accelerate away. Defender as soon as ball is played, must close down space and force attacker into one direction. Defenders also must have a good defensive stance (knees slightly bent, on toes and tackling with front foot), also encourage defenders to put body between attacker and ball.



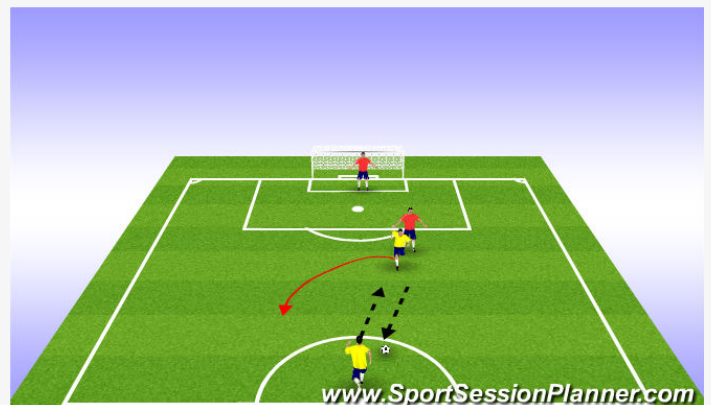
#### Tactical Activity

##### 2v1 To Goal

2 attackers start at one end of zone. 1 attacker goes near defender pushes away from them and calls for a ball from attacking partner, attacker who receives ball plays it back and a 2v1 ensues.

Attackers attempt to score, defenders try to win ball and dribble through attackers line.

**Key Points:** Attackers must use space and pass quickly to go around the defender. If space is available, take it until pressured, then decide whether you can out dribble them, shoot at goal, or pass to teammate. Defender must try to angle body to take away passing option and turn 2v1 into a 1v1.



## Small Sided Games

### 4v4 or 5v5 Small Sided Game

Open play coaches can add restrictions (give and go before you can score, certain number of passes, touch goal after team scores)

Key Points: Encourage attacking players to attempt 1v1 skills, and to make good decisions to either dribble, pass, or shoot.

Defending players must limit space and if they are the closest person to the ball they need to apply pressure and force play into where their supporting players are.

