

In pairs passing and moving in area on go player with the ball has to try and dribble past defender through gates behind defender.

Progression

into teams of three, coach will call out colour and they have to attack goal the other two colours defend together and try to stop attacker.

Coaching points

Pressure ball

Patience

Body shape

Force away from goal

Force towards support



Defending channels (15 mins)

Set Up:

Defenders start with the ball, and pass to the attacker. The attacker then dribbles to the end line while the defender jockeys, staying in front of the ball.

Progression: Play full pressure, players try to score by dribbling past the end line, can defender win ball and counter attack opposite side?

Aim:

Develop "jockey" technique - side on moving with player

Understand positioning of first defender

Coaching Points:

REMEMBER THE 3 S's - SPEED, SLOW, SURF

Pressure: Approach at angle and high pressure (WITH SPEED)

Position - SLOW down have a control over body - get side on - SURFER position

Patience: Dictate attacker's options and movement

Switch stance, according to ball movement

Eyes on the ball movement



Defending 1 goal (20 mins)

Aim:

To prevent attacker scoring by shut off goal and shut down player

Defenders awareness of goal, opponent and space

Coaching Points:

i. Approach at an angle; shut off goal, close down opponent

ii. Pressure

iii. Position, surf

iv. Patience

v. Dictate options for attacker

vi. Delay

vii. Can you win ball?



4v2 keep away (20 mins)

Red team try and get the ball from player A to player B directly through center or by using 2 other team mates.

Red team force the play sideways or backwards.

movement of 1st defender (Press the ball) and movement of 2nd defender (covering the pressing defender and cutting off attackers next move)

body position of defenders.

speed of defenders to close space down.



Scrimmage (25 mins)

Set Up:

Scrimmage with no restrictions.

Coaching Points:

Reinforce from previous exercises.

