

Description

1v1 and 2v2

Approach and Body Position

Organization

Set up 2 channels with sets of cones (ball ON each) approx 5 yards apart and in 2 columns numbered 1 & 2

Channels are numbered A & B (A being 1v1 and B being 2v2)

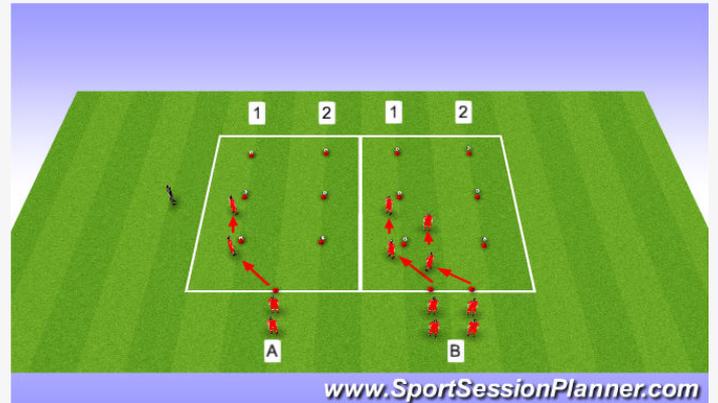
The coach calls a number (1 or 2) and the closest defender pressures the 'Ball' taking up a defensive body position dependant on area of the field OR defensive support (2nd defender)

The coach calls a second number and the defenders move up the cones each time taking up a defensive position dependant on the above scenarios

Once the players reach the top of the channel they jog back and around to the start

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
- 2nd defenders support position in relation to 1st defenders pressure
- Communication between 1st and 2nd defender
- DELAY and BE PATIENT



1 V 1 Defending

Organization

2 Channels 15 x 5 Yards

Defender plays the ball to the attacker who enters the field with their first touch

Defender applies immediate pressure

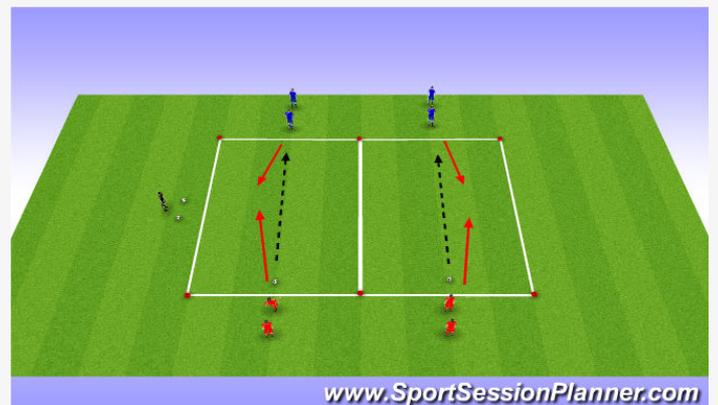
Attacker scores by dribbling the ball over the defenders end line

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

Progression

Add goals for both attacker and defender



2 v 2 Defending

Organization

Square 15 x 10 Yards

A defender plays and attacker a ball

Closest defender pressures 2nd defender supports

Attackers score by dribbling the ball over the defenders end line

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
- 2nd defenders support position in relation to 1st defenders pressure
- Communication between 1st and 2nd defender
- Try to create a 1v2 defensive advantage
- DELAY and BE PATIENT

Progression

Add goals for both attackers and defenders

