

Steal the ball

Set Up:

Each player has a ball and their job is to defend / protect their ball from the other players

Aim:

For each player to protect a ball while trying to poke another players ball. To help do so can they get into a defensive stance with the ball under control but far away from the incoming player - side on, if the opposition is on their left, keep the ball on the right foot.

Progression - one player does not have a ball and their job is to steal another players ball. If your ball gets stolen, you can not go after the person that stole your ball but have to go and steal someone else's.

Coaching Points:

Defensive key points

Jockey

Side on

Defend the ball



Technical / Skill

Set Up:

Two players are the defenders (for younger ages call these the foxes) and they are looking to kick as many balls out of the area, however they must make sure that no player is able to dribble between them. Once the defenders kick a ball out that person without a ball starts to defend too (becomes a lone 'fox') once a second player becomes a defender, then they should partner up and defend as another pair

Progression - defenders must link arms as a pair to make, communication is key for safety

Aim:

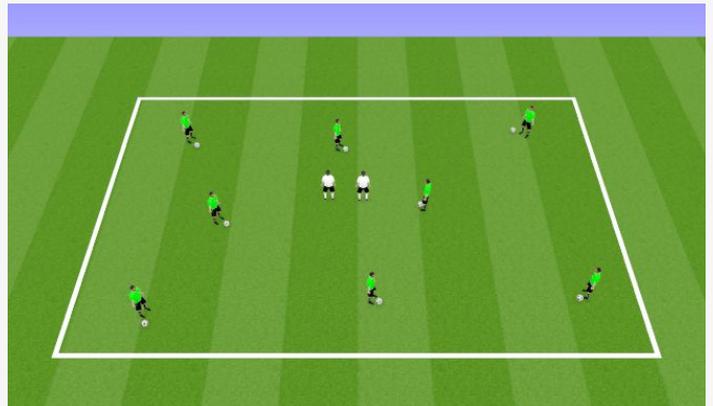
Players to defend and press a ball together, understand that they can not let anyone run between them with the ball - meaning they should narrow up, be close and show outside (players need to get around them rather than through)

Coaching Points:

Defending - Working in pairs to stay close

Communication - both have the same task at hand, do not do their own thing

Movement - do not stand still, adjust to where the next ball / player is



1v1 / 2v2s

Set Up:

1v1 for the first 10 minutes then 2v2 for the next 10 minutes of the practice

In both practices defenders should show away from the middle and the goal. This means taking them into wide areas. If the defender wins the ball they must pass the ball into either goal. In the 2v2 the defenders must make sure that no player is able to run between them with the ball - meaning they are showing wide away from goal. The players shouldn't defend on the same line

Aim:

For players to understand how to force play into the outside of the area and once they are in the wide area try to win the ball. In the 2v2 its important for balance and cover. If a player does get beat then the coach needs to coach the recovery runs

Coaching Points:

Defending as an individual - Quick pressure to the ball (speed), force and angle / one way with their body positioning (Surf), slow down on approach so they do not get too close or run past the attacker.

Defending as a pair - closest player to the ball is the pressure. the second player is in a position to COVER. They can cover the extra attacker if they get passed to or they can cover the space behind their team mate if the attacker on the ball gets by them. Do not be caught side by side with big gaps between or behind.



Scrimmage

Set Up:

Small sided game (SSG) to finish.

Coaching Points:

Reiterate coaching points from through out the session.

