

Warm up

In pairs passing and moving in area. On the coaches command 'GO', the player with the ball has to try and dribble past their partner / defender and through the gate behind.

Progression

In 3 teams, coach will call out color / team name and they have to attack the gates on the outside. The other two teams defend together and try to stop attackers scoring. Every player who successfully gets through a gate wins a point for their team.

Coaching points

Pressure ball - Do not give the attacker space to move into

Patience - do not dive in to a challenge as it will be easier to get around the defender then

Body shape - Force the attacker a certain way by shaping your body and forcing them one way, keeping your eyes on them and the ball

Force away from goal - do not let them get closer to a goal. force them wide and away from it

Force towards support - if defending with a team mate - work together to great a 2v1 rather than a 1v1



Defending channels (15 mins)

Defenders (A) start with the ball, and pass too the attacker (B). Once the attacker takes a first touch, the defender follows their pass and gets within an arms length of the attacker who is now dribbling the ball towards the defenders starting position on the end line.

The defender does not want to over commit and make it easy for the attacker to get around.

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 - this will cut off the options for where the attacker can go. creating a funnel like space that the attacker will try to get through but if the defender is close enough and facing the ball, they can poke the ball from the player or force them out of bounds.

if too far away from the attacker they can still move the ball to both sides of the defender. the defender's body position should force the attacker one way/ side only.

Aim:

Develop jockey technique - side on moving with player

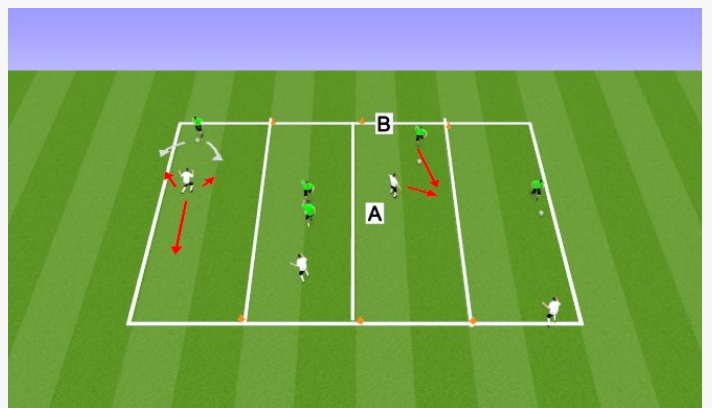
Understand positioning of first defender - The 3 S's (as above)

Coaching Points:

Patience: Dictate attackers options and movement

Switch stance, according to ball movement

Eyes on the ball movement



1v1 defending a goal (20 mins)

in an area 10 yards by 15 yards, players will play 1v1. no more than 6 players per area (2 lines of 3 player in each area)

2 cones will be used as a goal in the corner of the playing area, besides where the defenders start.

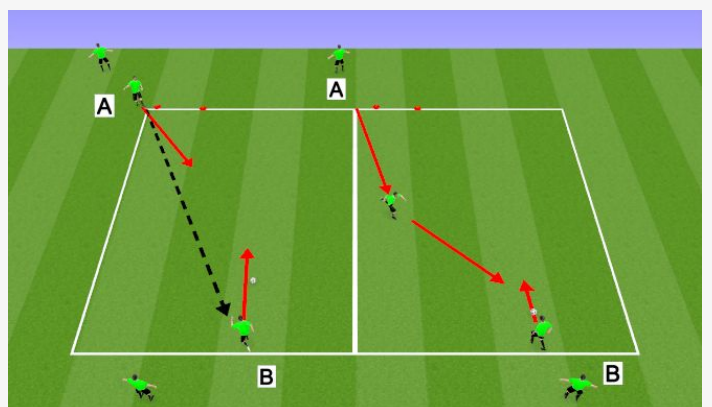
Defender (A) passes in to the attacker (B). Attacker tries to dribble through the gate. Defender tries to stop them from doing so, forcing the away from the goal, out of bounds or winning the ball.

Think about the 3 S's when defending -

On the attackers first touch the defender can press them. Pressing the ball with **SPEED**, cuts down the space available to the attacker.

SLOWing down as they approach the attacker means they have better control of their body and will not run into the attacker or run pass them.

Arcing their run and taking away a side of the area the attacker can move into helps get the defender into a good body position - side on like a **SURFER**. This also creates less options for the attacker to



move into, like a funnel.

With their approach and forcing the attacker one way, the defender should be able to funnel / force the attacker down a sideline, out of bounds or be close enough to poke the ball away.

If the attacker gets through the gate they win 1 point

If the defender pokes the ball out of bounds or forces the attacker out of bounds, they win 1 point

Coaching Points

The 3 S's - Speed of approach to close the space - Slow down to be in control of their body - Surf to be side on and force the attacker one way limiting options for the to dribble into.

Patient - Do not dive in or over commit. Stay calm and on your feet.

Do not get too close - That allows big spaces in behind - try to be arm length away.

2v1 - pressure cover (20 mins)

Introducing the covering defender

2 defenders (A and C) v 1 attacker (B)

Aim is to not let the attacker dribble through the gate which is offset and in the corner of the channel.

As soon as defender A passes the ball in, both defenders can join in the play. The attacker needs to beat both defenders.

Diagram 1 - if both defenders go to the attacker and are on the same line, this makes it easy for the attacker to get through the middle and attack the goal as the defenders will need to spin around and chase the attacker back.

Diagram 2 - If one defender (Which ever one is closest to the ball) presses the ball like defending a 1v1. The cover defender (C) hangs back a little bit. This allows them the possibility to cover the space behind and beside the pressing defender depending on where the attacker goes, if they get past the first defender.

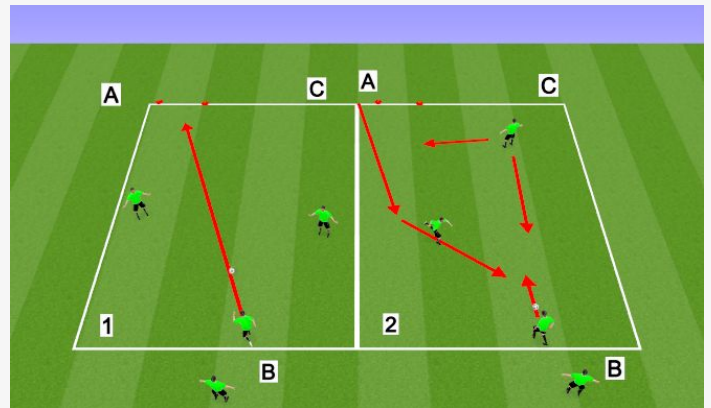
If the attacker gets around the initial defender, the defender who was covering, now becomes the pressure. The defender who was pressing, recovers back and becomes the cover now, swapping roles.

Coaching Points -

Communication - who is pressure (closest to the ball) and who is cover

Movement - do not be rigid. Anticipate where the attacker may go

Body positioning - force the defender to the side line if near it or force them towards your team mate to create a 2v1, limiting the space for the attacker to move into.



Scrimmage (25 mins)

Reinforce coaching points from previous exercises.

