

### 1v1 - Defending (10 mins)

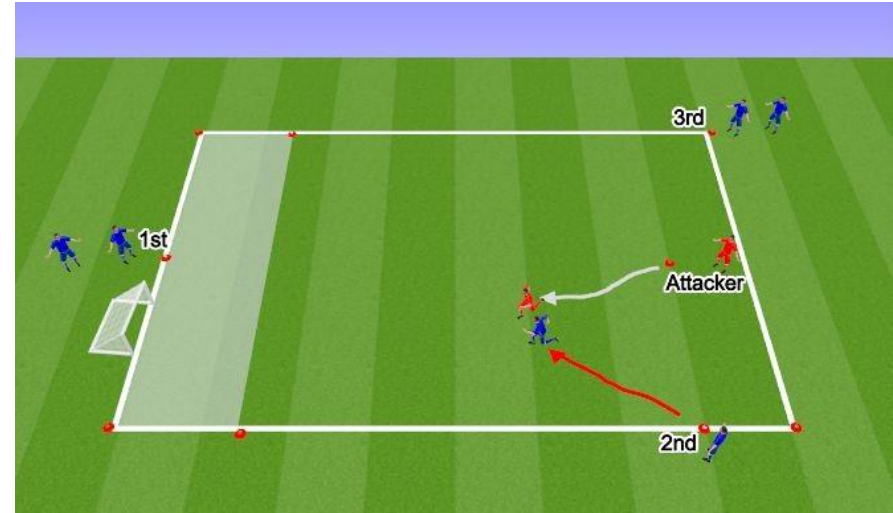
1v1 defending. (6 players in each group)

1 - Player 1 plays ball into the attacker (2) as the ball is travelling player 3 needs to apply pressure on the ball. Defender cannot tackle practices body shape. (Side-on)

2 - Same as practice 1 - Defenders can now tackle and win the ball. If Def wins the ball dribbles to blue line.

3 - 2v2 - Defenders working as a unit. Press player with the ball other player supports.

- Communication, Angles of support, Body shape, Engage the ball.



### 1v1 Defending-Different Angles (15 mins)

Organization: Set area approx. 15x30, with cones marking a scoring area in front of a pug net, off to one side. Set 4 cones, 1 cone for attacker (centrally on opposite side of the net), and 3 cones for defenders (1st-in middle on same side as goal, 2nd-parallel to attackers' cone on side of goal, 3rd-at corner farthest from goal and slightly behind attackers).

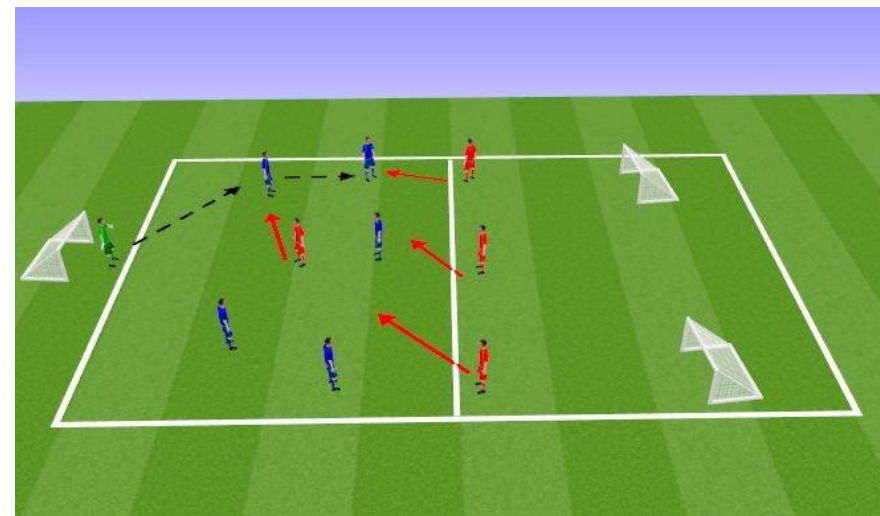
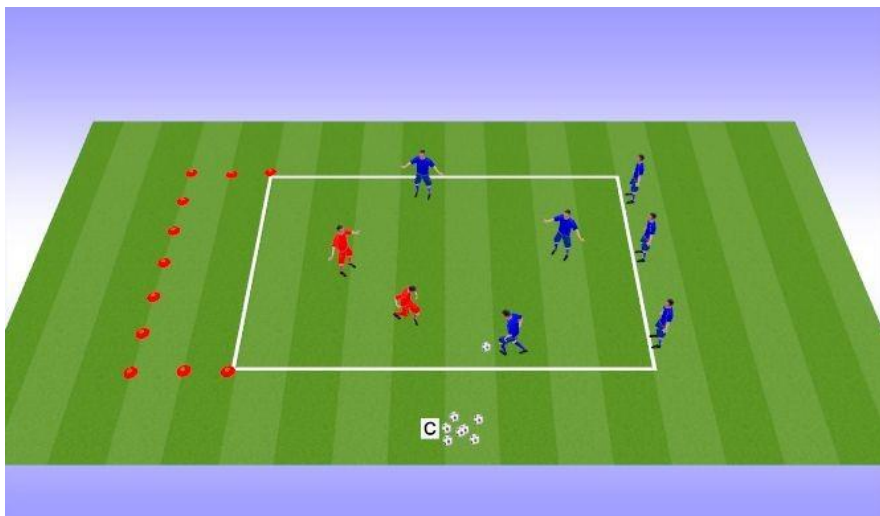
Activity: Coach will call on a defender (either; 1st from good angle in front of attacker; 2nd from okay angle from the side of attacker; or 3rd from difficult angle from behind attacker). At the coaches call the attacker will attack net and the defender called upon will try to defend and win ball 1v1. If attacker scores, they get point, if defender win ball, they score by passing to either of the 3 defending stations.

Coaching Points:

1st defender-can they get out quickly to challenge attacker far away from net? Are they slowing down as they get close, angling attacker away from net or to weak foot? If attacker takes a bad touch, are you close enough to win ball

2nd defender-can they close down from side quickly before attacker gets close enough to shoot? If they get close enough, can they lean with shoulder to slow attacker, or if attacker takes big touch are they able to step in from and separate them from the ball?

3rd defender-Can you use speed to get close enough to attacker to apply some pressure, so they are rushed to take a bad shot? Can you get close enough so in case attacker fumbles a touch you can catch them?



### 3v2 Defending (20 mins)

**Organization (15x20 yards with 5-yard endzone):** 3 attackers try to get ball + 1 player into end zone vs 2 defenders. Play for 5 min rounds. If defenders win it/force an error, they get a point and play to the waiting attackers who roll on. Defenders see how many points they can get. If new ball is needed coach just plays to next attackers.

--To start: Attackers must dribble into endzone

--Progression: Can pass to teammate who meets ball in endzone (not waiting there)

**Coaches Role:** Be ready with new balls to keep tempo high, encourage attacker to play at tempo and take people on. Paint a game related picture

**Technical:** Angle of approach, defensive stance, tackle types, finding the transitional pass

**Tactical:** Cutting off space to reduce the field, forcing to weaker side, showing towards teammate, pressure/cover

**Social:** Guiding your teammate, calling out role's pressure/delay

**Psychological:** Desire to not get beaten, determination and composure to quickly defend again when beaten, staying with the player after they beat you

**Physical:** Body contact, strength while running, recovery runs

### DEFENDING FROM WIDE AREAS - CONDITIONED GAME (20 mins)

#### DEFENDING HIGH

set up- defending team must start in own half and three players can break into attacking half to try to score into 2 targets. Yellows start with 1 forward in attacking half and after first pass other yellow players who start in own half can join in to press ball & players.

technical / tactical points - forward is outnumbered so shows outside to make pass predictable. Set traps for other midfield players to press on one side of the pitch, midfield compress on one side of pitch and try to protect targets.



