

Milton YS -- Week 5: 1 v 1 Tackling

Category: Technical: Defensive skills

Difficulty: Academy Sessions



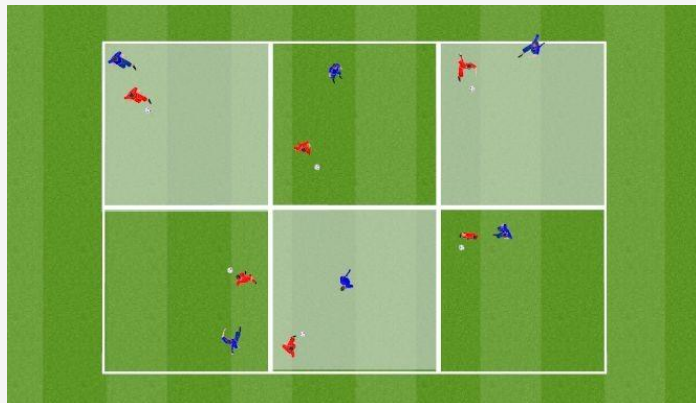
Hermes Lima Soccer Academy, Quincy, United States of America

Follow The Leader

Follow The Leader (10-15mins)

The players split into pairs; in each pair one needs to wear different colored pinnies/shirts. One player will start with the ball and must dribble around their square changing direction, speed, and ways they control the ball. The defending player will have to follow the attacking player but not tackle just jockey.

After 4 minutes of this, they will then swap over.



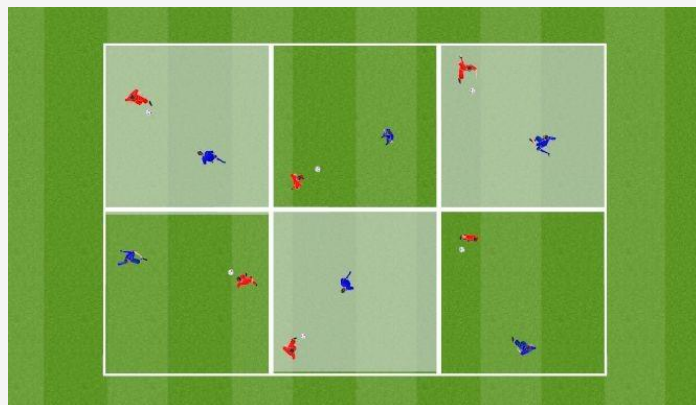
Passing

Passing (10-20mins)

Players pass and move within their grid. On "go", player with ball plays keep away (attacking player) while other tries to gain possession/defend and win ball. Allow them to play for 30-45secs before they resume passing. Adjust as you see fit.

Progression: Swap players from grids, turn into competition – player who wins/keeps ball after timeframe gets a point – where whoever wins (best out of 3 or so) moves clockwise and other player stays in same grid.

Progression: Same as above but on go, players go to their left to defend. Switch to right or however makes sense for you.



1v1 Tackling

1v1 Tackling (15-20mins)

To start with, in each pair the player in a red bib will start with the ball and the player in blue will have to tackle them. Once they win the ball, they then try to keep possession of the ball. They keep doing this for 5 minutes to work on their tackling and close control.

