



1 v 1 Defending

Category: Technical: Defensive skills
Difficulty: Moderate

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Individual-Adult Member

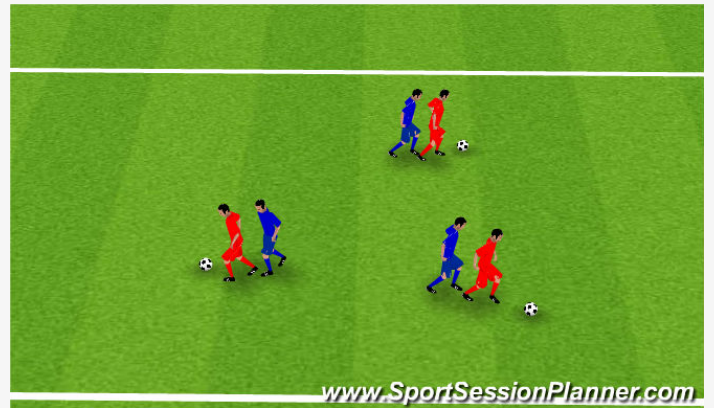
Description

Warm up- Hold 'em (10 mins)

1 ball between 2 players, split players into groups of 2.
One player starts with the ball, and stands with his back to the defender. (Player without the ball is the defender). The player with the ball must try to keep possession for 30-60 seconds without the defender winning the ball. Give the players 30-60 seconds rest between rounds. Players switch roles every round.

Talking Points:

- Keep the ball as far away from the defender as possible
- Attacker- keep your arm out to feel for the defender
- Defender- Keep low, watch the ball, not the player, side-ways on, don't lunge or allow player to turn

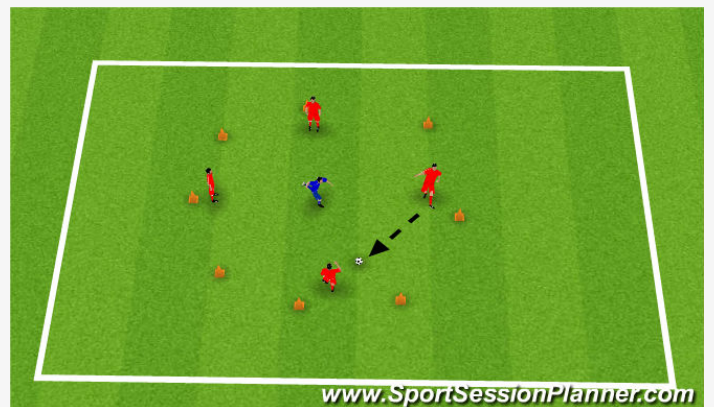


Main activity- 4v1 or 5v1 circle possession (10 mins)

Using cones, set out a circle 10 yards in diameter.
4 or 5 players try to keep the ball away from one defender in the middle. Whoever touched the ball last before the defender steals it, goes in the middle and takes the defender's place. If a defender is in the middle for more than 2 minutes, switch them with one of the other players.

Talking points:

- Defend in a surfer-like position (side on)
- Try to pressurize the attacker at speed, then settle in the surfer position
- Do your best to anticipate what the attacker is going to do next



Steal the Bacon (15 mins)

20 x 30 grid (1 v 1 Defending)

Play 1 v 1 to end - line. (3 or 4 players per team). Coach identifies each player on the team with a number (1, 2, 3 4...). Calling out number and rolling out ball from midfield to create a 1 v 1 situation. Attacking player has to beat opponent and dribble across end zone in order to receive a point.

Variations:

- (1) Attacking Player must dribble across opponents end zone or attacking player has to dribble back across own end zone. (Defenders can work on recovery runs and getting in behind the ball with this variation).
- (2) Call 2 numbers out creating 2v2 situations.



Small sided game- 3v3 world cup: man to man (20 mins)

20 x 30 grid. Play just like a 3v3 mini game. The only exception is that you must match up a player from each team with one from the opposition. Their aim is to man-mark this person throughout the game. (please make sure you match up teams & players according to individual ability levels so the challenge is correct).

Talking points:

- The only person a player can tackle is the one he was partnered up with to man-mark.
- This session will be very tough, but explain how it will benefit their fitness and awareness for the opposition making forward runs
- Take several water breaks

