

Date: 22/Aug/2017

Duration: 1:15 hour

Time: N/A

Age/Level: U11 - U18

Session Touch on each part of defending 1v1, Group

Objective: Shape & Transition

JVK - U14 Defending

1v1 Defend The Circle!



Description: 1v1 to the center of the circle. The attacking players may go anywhere within the circle they choose. If the defending player takes the ball away, the player (former defender) brings the ball to the outside circle and becomes an attacking player. (Former attacker is now defending) "Kicking the ball away/out" does not create a turnover. Whoever knocks the ball out-of-bounds loses the ball.

*Play by time

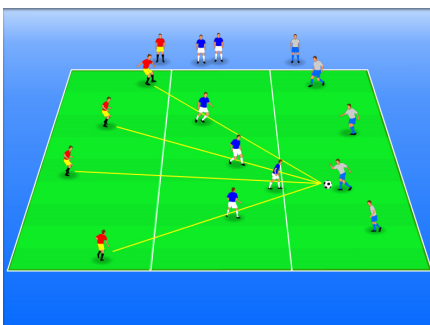
Coaching Points: *Stay goal side.

*Keep a defensive stance. (Side on, touch tight)

*Focus on the ball, not the feet or hips.

*Toe poke the ball away if needed if they seem to be beating you. (A player may not get and keep the ball, but it's better than a bad foul or goal against)

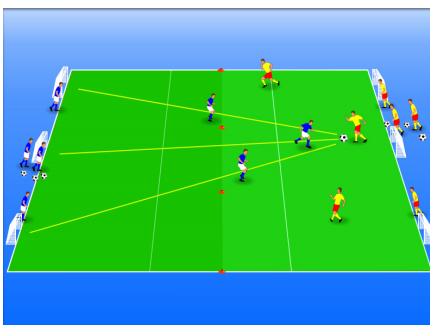
No Splits - No Through



Description: A defensive activity for group shape. "No through balls" Three connecting grids with the team in the middle is defending against split passes with team shape and "pressure, cover & balance". Team/s with the ball try and move the ball side to side to open up the middle team to allow a through ball. Team in the middle intercepts the ball they come out of the middle outside team goes in. Ball must stay below the knees when passing. Make earning points for all the teams. May be a game for offense too. (Two outside teams get a point for splits)

Coaching Points: 1st defender moves closest, the rest of the unit adjusts, dropping, and tightening the space. Players need to communicate to keep the teammates alert, remind them etc. Shuffle feet quickly to get into place. Angle the body to pressure/channel the ball one direction for teammate visual cue. Make sure the defensive line is not flat but angled to prevent a change of point of attack and pass through.

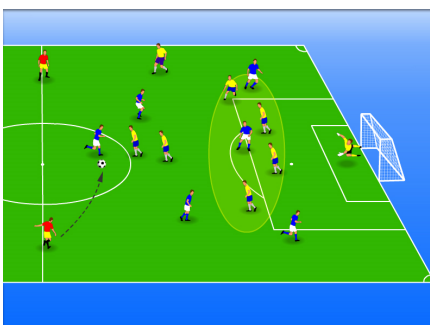
Flying Changes - Defend 3 Goals



Description: 3v3 (to 4v4 if #s permit) to "Defend" Three Goals - Need at least 12 players. (More is fine) Teams are to #1 transition to defend once they score a goal or the ball goes out of bounds on the side they are attacking. The half way line determines what team will go on. (Which ever side/half the ball goes over/out/goal dictates the team coming on. That team who has players on the playing area the ball went out on will exit and get back to wait for their turn. Number up or down may happen and should.

Coaching Points: *Transition to defend. (Stay alert for your chance to come on to play is needed in order to challenge those in transition) *Pressure the ball right away *Angle of approach to give your team visual cues *Angle body to force one direction *Goal Side *2nd defenders are also goal side but keep marked opponent in eye sight *Defend facing forward (no facing own goal)

Change Point of Attack - Defensive Shape



Description: Use the numbers you have. Smaller field and few players for younger teams. Need two targets minimum. Targets can be any player who might play outside mid or defense or even forward positions.