



## 08 / U10G - 1v1 Defending

Category: Tactical: Defensive principles

Difficulty: Beginner | Start Time: 18-Oct-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
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### Description

1v1 Defending

Phase: Deny Scoring Chances and Win the Ball

Principle: Player Positioning to Protect the Goal and Win the Ball

### 2v2 to Targets in Corner Goals (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*15 yd wide x 20 yd long field with 2v2 on field and targets in corner goals

\*coach plays in ball to start game

\*teams play 2v2 and score by passing through the corner goal across from them to an opposing team member waiting in the goal

\*the attacking team can use their target to keep possession; however, the target may not enter the playing field

\*if the ball goes out of bounds, both teams are off and head to the end of their original line

Progression: If defenders win the ball in their *attacking* half and score, the goal is worth triple points.

#### COACHING POINTS:

\*Why do we defend? To win the ball back and score goals

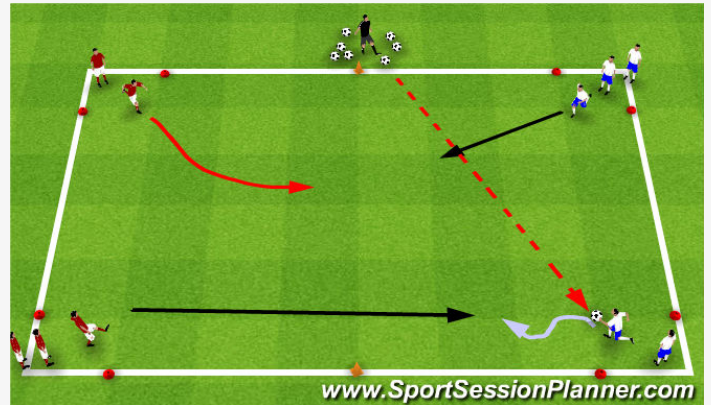
\*Defensive check-list: 1. Can you win the ball? (Immediate pressure.) 2. If not, can you slow the opponent's progress to goal? (Make play predictable)

\*angle of approach to deny attacker from playing penetrating pass to goal

\*staggered feet, angled hips and low center of gravity

\*closing at speed to defend as far up field as possible -slowing as you get close to the attacker (big steps to small steps and last step forward is first step back)

\*poke tackle ball away with front foot or separate attacker from ball on poor touch



### Unpredictable 1v1 to Small Goal (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

12 yd wide x 18 yd long grid split as shown with attackers in 12 yd wide x 6 yd long zone and single defender in zone with goal

\*each attacker is assigned a number (1, 2, 3), has a ball and performs various footskills per coach

\*coach calls out a number and that player dribbles to score a goal 1v1

\*if attacker successfully gets off a shot, defender stays - if defender wins the ball attacker takes their place and defender gets their number

#### COACHING POINTS:

\*closing at speed to defend as far up field as possible -slowing as you get close to the attacker (big steps to small steps and last step forward is first step back)

\* Angle of approach to deny shot/dribble penetration to goal, to force attacker to one side and to use a sideline like a defending teammate

\* Proper defending distance: close enough to put dribbler's head down & to poke tackle but far enough that attacker can't just touch ball past you

\*staggered feet, angled hips and low center of gravity for defender (surfer body shape)

\* Protect the goal - Always in line with direct goal channel

\*poke tackle ball away with front foot or separate attacker from ball when they take a poor touch, their head goes down

\* Close space and tightly defend attacker when they dribble sideways, their head goes down or they turn their back to goal



## 2v2 Flying Changes (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

\*2v2 Flying Changes to Small Goals on 18 yard wide x24 yard long field

\*Divide teams into 2 equal sized teams

\*Teams line up behind their goal line each on one side of the field with soccer balls

\*If a ball crosses an endline (via a scored goal or out of play), two new attackers immediately enter with a ball to attack while the previous defending pair exits

### COACHING POINTS:

\*emphasize 1v1 defending coaching points from earlier activities

\*recognizing when early and immediate pressure can be applied to the ball (especially in transition moment) and when to recover and get between the ball and the goal

