



## 08 Premier / U11G - 1v1 Defending

Category: Tactical: Defensive principles

Difficulty: Beginner | Start Time: 04-Mar-2019 16:45h

Am-Club: Rio Rapids Soccer Club  
Ray Nause, Albuquerque, NM, United States of America

### Description

Topic: 1v1 Defending

Phase: Prevent Penetration and Win the Ball

Principle: Prevent Dribble Penetration and Forward Passes

### 4v4 to Targets in End Zones (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*Two equal size teams in field of play

\*One player from each team initially restricted to each end zone (may not be defended by each other or central players)

\*When a team in center wins ball - they score by playing into the target in one end zone and then into the other end zone without losing possession

\*When ball is played into a target they immediately transition into game with ball and are replaced by the passer

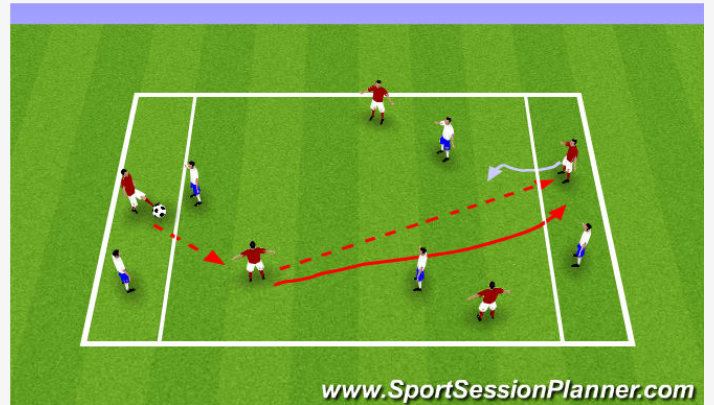
#### COACHING POINTS:

\*Get pressure on the ball and prevent the opponent from dribbling or passing forward - especially to a target in the end zone - \*say "I Got Ball" as you close to defend

\*Recognize moments where you should block forward play - opponent has good control of ball with head up, and when you can win the ball - poor first touch, ball in the air, facing sideways or backwards, opponents head down

\*1v1 defending fundamentals to keep defender in front of you and prevent them from blowing by - angle, footwork, step size/speed of approach

\*When to poke tackle the ball away and separate the attacker from the ball with your body



### 1v1 Defending Footwork (PART) (15 mins)

#### DESCRIPTION/ORGANIZATION:

1A - Set up 4 different color cones equi-distant from each other. One player faces another player across the cones. Coach calls out a cone color and first player to get a foot level with that cone gets a point. Play for 45-60 seconds. Groups of 4 with one pair working while one pair rests.

1B-Same as 1A with cones staggered and varying distances apart. Variation - a) you have to follow the cone pattern to get to the color cone identified or b) you can take the shortest route to the cone

2- Set up four mannequins staggered to represent attackers with the ball. Two players passing a ball back and forth 2-touch just beyond the mannequins as defender travels. Defender closes each mannequin to prevent pass into the cone they started from, As they leave the last mannequin they close the player with the ball to block the passing lane to their teammate.

\*Rotation-defender replaces passer who was there the longest - passer becomes defender

#### COACHING POINTS:

1A & 1B-

\*Lateral movement with your hips facing the cones - don't cross your feet/legs

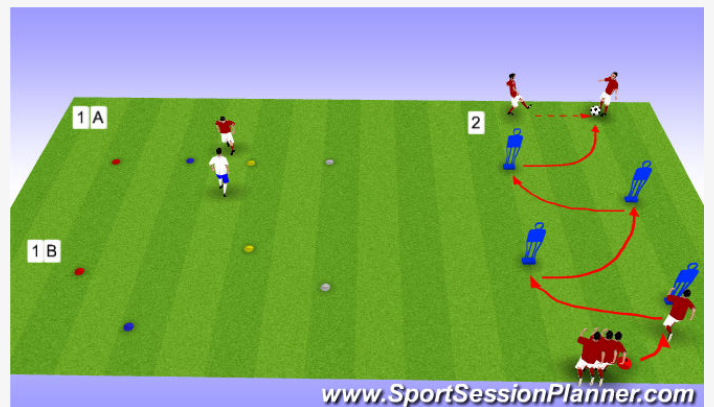
\*Knees bent with low center of gravity, small quick steps, tall to short, don't reach out with long stride to get to cone - can't change direction off of long strides

2-

\*Knees bent with low center of gravity, longer steps to smaller steps as you get closer to the attacker, tall to short, quick step back as you arrive at attacker to balance your body, don't reach out or lean onto front foot as the attacker can blow by you

\*Angle of approach to prevent penetrating pass to cone or to separate passers

\*Get there, get down, stay down and under control



## 1v1 to Line/Target (PART) (20 mins)

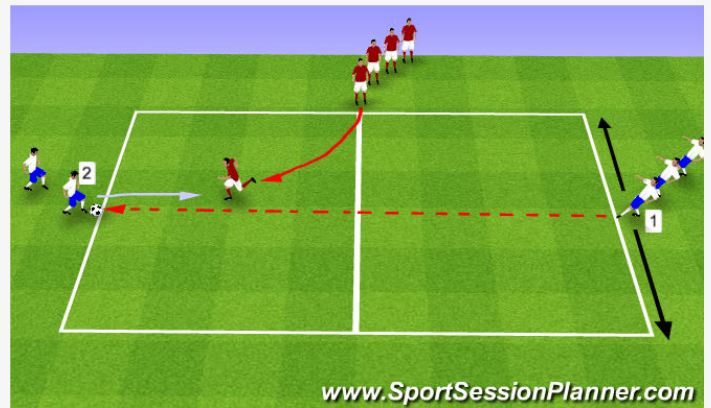
### DESCRIPTION/ORGANIZATION:

- \*2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid
- \*Attacker 1 passes to attacker 2, defender may enter field as soon as ball is struck
- \*Attacker 1 must remain on endline but may move side to side
- \*attacking team scores by passing to attacker 1 or dribbling across mid-line
- \*point for defending team if they win possession of the ball
- \*attackers switch end after each play
- \*attackers and defenders switch after each go 1/2 times

Variation: attackers can score by passing across to teammate or dribbling across center line

### COACHING POINTS:

- \*say "I Got Ball" as you close to defend
- \*angle of approach to deny attacker from playing penetrating pass to teammate / direct path
- \*staggered feet, angled hips and low center of gravity
- \*maintain same front foot - try not to pivot
- \*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
- \*win it off their touch and separate the attacker from the ball



## 6v6 to End Zones (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

6v6 - score by dribbling into or passing to a teammate in the endzone who started in an inside position

- \*no defenders may enter the end zones
- \*when ball goes out on a side - coach plays in a new ball
- \*when goal is scored - opposing team grabs that ball and counter attacks

### COACHING POINTS:

- \*Get pressure on the ball and prevent the opponent from dribbling or passing forward - say "I Got Ball" when you close to defend
- \*Remaining players call out marks
- \*Recognize moments where you should block forward play - opponent has good control of ball with head up, and when you can win the ball - poor first touch, ball in the air, facing sideways or backwards, opponents head down
- \*1v1 defending fundamentals to keep defender in front of you and prevent them from blowing by - angle, footwork, step size/speed of approach
- \*When to poke tackle the ball away and separate the attacker from the ball with your body

