

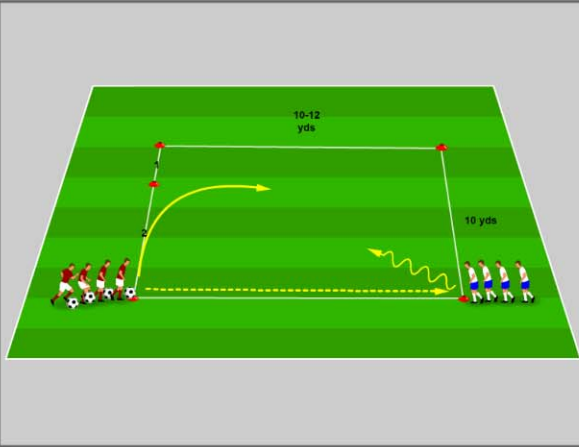
## U11-U14 Coaches Clinic - 1v1 Defending

Date : 29/Sep/2013  
Time : N/A

Duration : N/A  
Age/Level : U11 - U18

Session : 1v1 Defending Fundamentals and Principles  
Objective:

### 1v1 Forcing Play in a Direction



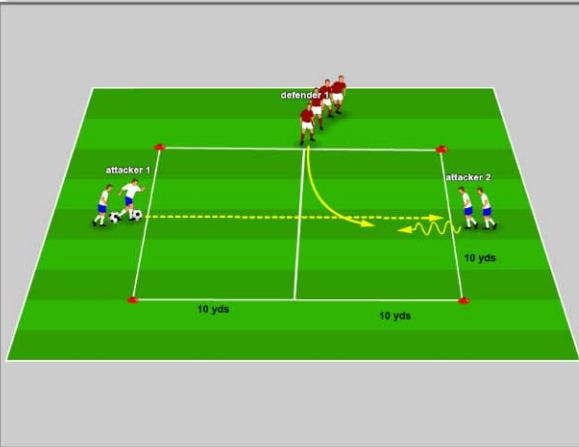
#### Description :

- \*Players equally split between 2 opposite cones of 10 x 10-12 yd grid
- \*1v1 with player on ball passing to opponent and closing to defend
- \*attacker scoring: 3 points for dribble through goal #1, 2 points for pass through goal #1 and 1 point for dribble across endline #2
- \*defender scoring: 2 points for winning possession of ball

#### Coaching Points :

- \*angle of approach to deny attacker from high pt goal – including bent run to deny early shot and forcing player away from that 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

### 1v1 to Penetrate on Pass or Dribble



#### Description :

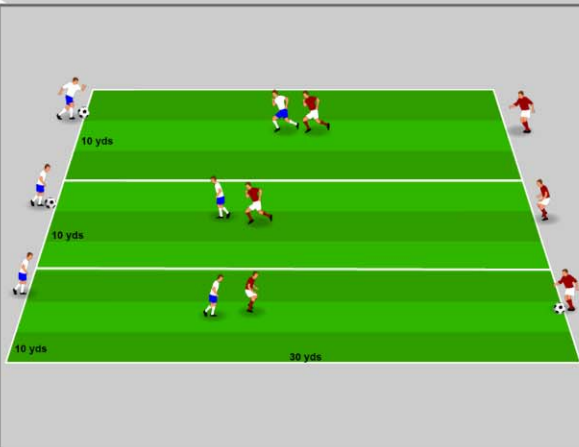
- \*2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid
- \*Attacker 1 passes to attacker 2, defender 1 may enter field as soon as ball is struck, attacker 2 dribbles into field and tries to pass to attacker 1 who is restricted to the end line
- \*point for attackers if successful and for defenders if they steal 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

#### Coaching Points :

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

### 1v1 to Targets



#### Description :

- \*1v1 to Targets in 10 x 30 yard grid
  - \*Player gets ball from target of their color and passes ball to target of opposing color for pt
  - \*If ball goes out of bounds, it starts from target of color of team earning possession
  - \*Targets can be used as support players for attacker
  - \*Play for 1 to 2 minutes and switch players on with targets
- Variation: Remove lines between games and play 3v3 to targets

#### Coaching Points :

- \*defending priorities - 1) deny the ball (win it), 2) deny the turn, 3) deny penetration
- \*angle of approach to deny attacker from playing penetrating pass to teammate
- \*staggered feet, angled hips and low center of gravity
- \*maintain same front foot - try not to pivot
- \*poke tackle ball away with front foot or separate attacker from ball on poor touch