



## 08 / U10G - 1v1 Defending

Category: Tactical: Defensive principles

Difficulty: Beginner | Start Time: 16-Aug-2017 16:30h

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

### 2 Zone Transition Game (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

- \*2 adjacent 15 x 15 yard grids
- \*2 teams of 5 begin in each grid
- \*When ball enters one half - defenders enter in pairs to win ball and connect to team on opposite side
- \*Each pass across to the opposite grid earns your team a point
- \*Coach plays ball into opposite grid whenever ball goes out of play

Variation: 1 defender enters every 5 passes

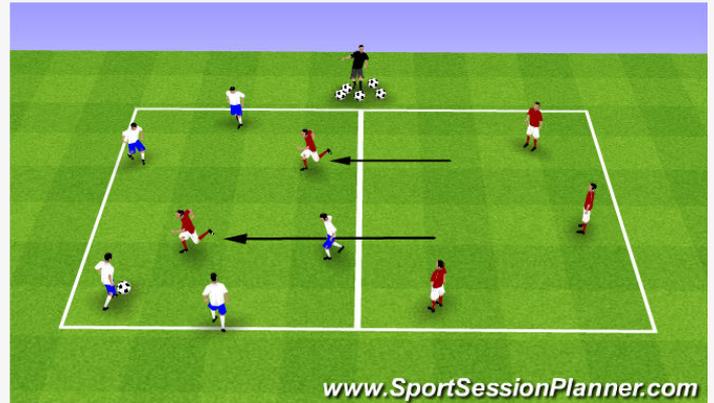
#### COACHING POINTS:

##### Numbers down defending-

- \*Aggressive mentality to win back the ball
- \*Speed of approach: slow as you get close to the attacker, big steps to small steps, last step forward is your first step back, slow down as attacker takes a touch
- \*Recognize opportunities to win ball - poor touch, touch too far from body, slow pass, attacker head down, attacker turns back to teammates
- \*Separate attacker from the ball by getting body across line of attacker - use of body/arms

##### Numbers up defending-

- \*Quick reaction in transition moment to prevent pass to other side/angle of approach - get between ball and goal
- \*Aggressive defending/tackling with numbers to prevent ball from advancing to other grid



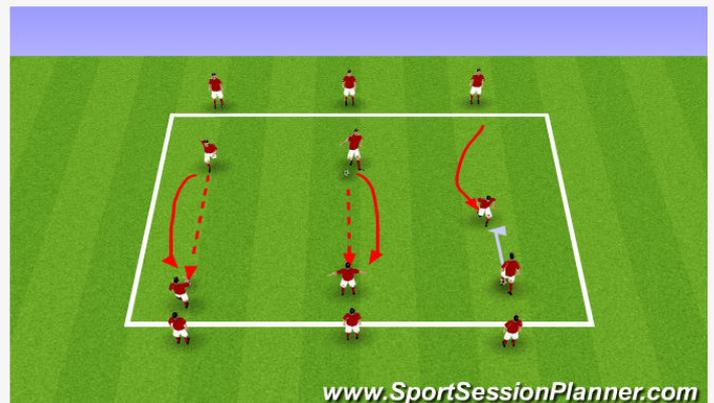
### 1v1 Shadow Defending (PART) (15 mins)

#### DESCRIPTION/ORGANIZATION:

- \*15 yard grid
  - \*Defenders initiate play with a pass across the grid to the attacker who tries to dribble penetrate the end-line across from them. Defender should apply pressure and keep between the ball and their end-line
  - \*The defender does NOT try to win the ball - attacker does try to get past defender
  - \*If the ball passes over the end-line before the defender, the attacker earns a point
  - \*If the defender passes over the endline before the ball but within tackling distance the defender earns the point.
- Variation: 1v1 - Defenders initiate play by passing across the grid to the attacker. Players score by dribbling across the end-line. Play for two minutes, then switch starting roles. Players should keep score individually. Coach should reward the player with the highest number of points to foster a competitive spirit in all players.

#### COACHING POINTS:

- \*Speed of approach: slow as you get close to the attacker, big steps to small steps, last step forward is your first step back, slow down as attacker takes a touch
- \*Defending body shape and footwork: staggered stance, knees bent with low center of gravity, small quick steps, tall to short, quick step back as you arrive at attacker to balance your body, don't reach out or lean onto front foot
- \*Keep feet moving and show patience
- \*Recover back defensively when beaten on the dribble



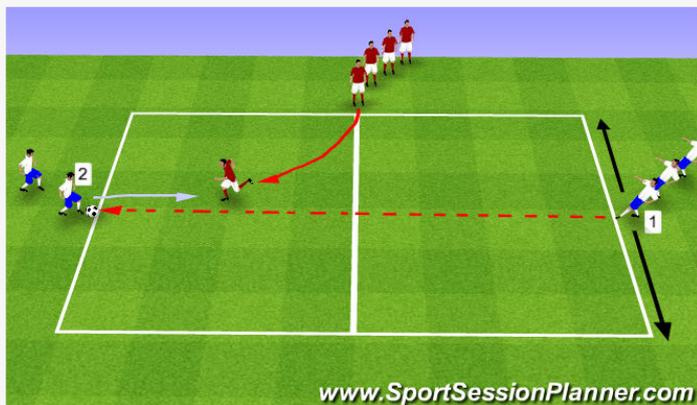
## 1v1 to Line/Target (PART) (20 mins)

### 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:

- \*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



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

### DESCRIPTION/ORGANIZATION:

- \*2v2 Flying Changes to Full Size Goals with GK's on 25 yard wide x 30 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:

