



08 Premier/U12G- 1v1 Defending

Category: Tactical: Defensive principles
Difficulty: Beginner

Am-Club: Rio Rapids Soccer Club
Girls Directors, Albuquerque, United States of America

Description

Topic: 1v1 Defending

Phase: Prevent Opponent from Advancing

Principle: Apply Pressure on the Ball Carrier - Attempt to Win the Ball

3v3 Game (20 mins)

DESCRIPTION/ORGANIZATION:

15x20-25 yd field

3v3 with kickins from the sideline/endline

team scores on small goals

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

*Move your feet to keep the same lead defending foot whenever the attacker cuts the ball - pivot to other lead foot if you can't

*Keep feet moving and show patience

*Recognizing good moments to poke tackle the ball away from and turn the attacker

*Closing to mark the attacker tightly when you have poke tackled and turned them



1v1 Shadow Defending (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*20 yard grid with 6 groups of 4 players - 1 pair working/1 pair resting

Activity 1

*Defenders initiate play with a pass across the grid to the attacker and closing them down to defend

*The attacker does not try to get past the defender - they should dribble at them faced up, cut back and forth and force the defender backward without losing control of the ball

*Defender should keep between the ball and the end-line that they defend

Activity 2

*Defenders initiate play with a pass across the grid to the attacker and closing them down to defend

*Defender should keep between the ball and the end-line that they defend

*The attacker does not try to get past the defender - they should dribble at them faced up, cut back and forth and try to force the defender backward without losing control of the ball - if the defender tries to poke tackle the ball you can either move it to keep it or try to beat them

*The defender looks for opportunities to poke tackle the ball away from the attacker, turn them to face backwards and close to mark tightly when it happens - this scores a point

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

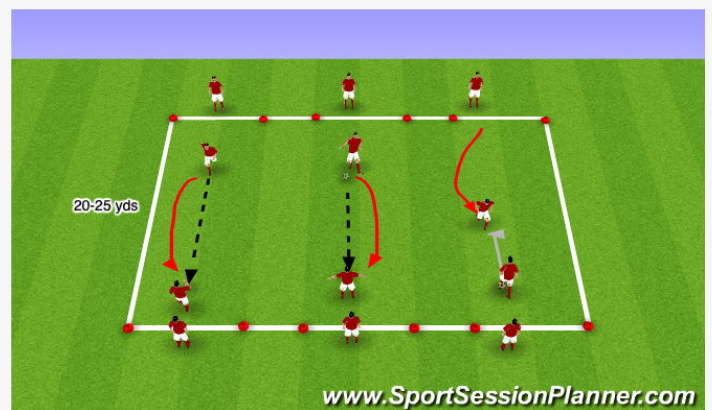
*Defending body shape and footwork: staggered stance, knees bent with low center of gravity, small quick steps, tall to short, quick step back as you arrive at attacker to balance your body, don't reach out or lean onto front foot

*Move your feet to keep the same lead defending foot whenever the attacker cuts the ball - pivot to other lead foot if you can't

*Keep feet moving and show patience

*Recognizing good moments to poke tackle the ball away from and turn the attacker

*Closing to mark the attacker tightly when you have poke tackled and turned them



1v1 to Small Goal/Line (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

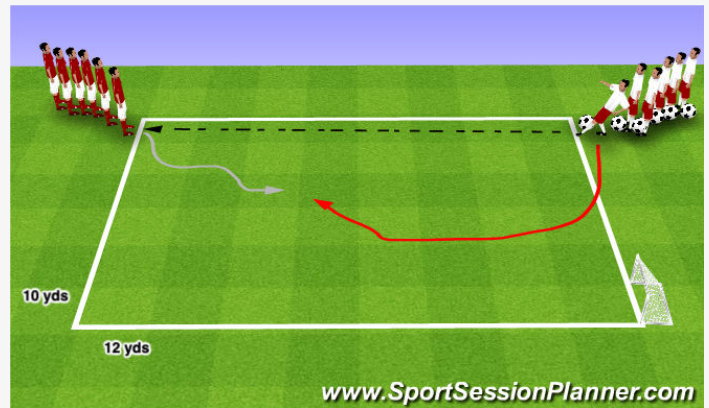
- *2 Equally Sized Teams - one starting in a single line at each end and side of grid
- *Defender passes to attacker and may enter field as soon as ball is struck
- *Attacker scores 3 points for scoring in the goal or 1 point for dribbling across the remainder of the end line
- *if defender can win possession of the ball - they get 2 points

- *attacker and defender switch ends after 2 minutes

- *the team that allows the fewest points wins

COACHING POINTS:

- *say "I Got Ball" as you close to defend
- *bend run to close down defender so that they can not shoot directly into the goal
- *staggered feet, angled hips and low center of gravity
- *once you take away the goal - close at speed to defend as far up field as possible -slowing as you get close to the attacker (big steps to small steps and take your final step back to get balanced)
- *do everything you can as a defender to force the attacker down the sideline and away from the goal - body angle while defending to force attacker in a direction
- *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 to maintain possession



6 Goal Game (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *5v5 Six Goal Game in 35 yd wide x 25 yd long field - 4 yard wide cone goals - 3 separate fields
- *Coach initiates game by playing in to one team who attacks their opponent 5v5
- *Teams score by dribbling through any of the 3 goals they attack
- *Throw-in if ball goes out of bounds on a sideline - ball comes from coach if ball crosses an endline

COACHING POINTS:

- *Get immediate pressure on the ball with vocal communication - "I've got ball"
- *Teammates communicate if they want pressuring player to press the attacker, stand them up or force play in a direction
- *Can you recognize opportunities to win the ball by separating the attacker from the ball, to poke tackle-turn-close the attacker or when you should just keep between the defender and goals and make them go a particular direction - sideline or help from teammates

- ***Rapid transition between attack and defense, defense and attack

