



08 Premier/U12G- 1v1 Defending - Deny Scoring Chances

Category: Tactical: Defensive principles
Difficulty: Beginner

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

Description

Topic: 1v1 Defending

Phase: Denying Scoring Chances and Win the Ball

Principle: Anticipate the Play, Prevent/Block Shots and Time Your Tackle

2v2 Flying Changes (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*2v2 Flying Changes to Full Size Goals on 24 yard wide x28 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:

*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

*Focus on 1v1 defending fundamentals:

*speed/angle/footwork on approach to ball

*body shape/footwork/distance while defending

*recognizing/anticipate appropriate times to be patient, poke tackle, separate attacker from the ball and block shots



Clear the Penalty Box (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

Outside players volley ball into the penalty box with a high rainbow
Inside players clear the ball

Outside players get a point for dropping the ball into the penalty box

Inside players get a point for clearing the ball beyond the cone line

Each player on a team gets one attempt to play a ball into the penalty box and then the teams switch roles

Intro to Heading for 11 year olds. Players on the outside pair up with a player on the inside. Player on the outside tosses it softly to player on the inside to head the ball back to partner. 5 each and then switch roles.

COACHING POINTS:

*Attack and win the ball out of the air

*Clear the ball high, far and wide

*Choose the surface you are going to clear the ball based on the flight of the ball

*Make good contact on volleys, watch the ball onto your foot

*Starting position should be deep enough to allow you to attack the ball

*Players not attacking the ball drop off behind player or near so that you can win the second ball



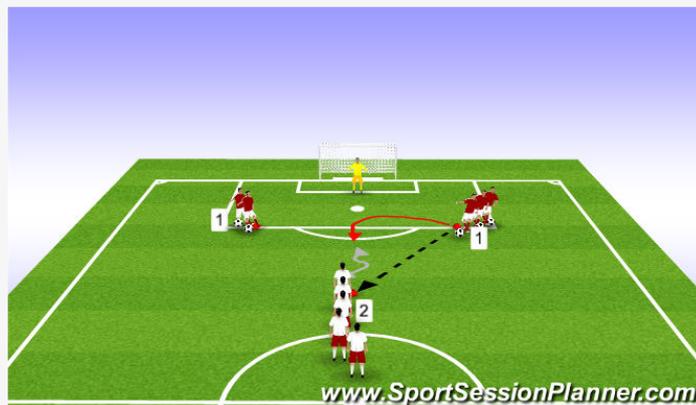
1v1 to Goal (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

- *Player 1 passes to player 2 and closes to defend and prevent goal - player 2 tries to score on full size goal
- *next pass comes from opposite side
- * Players Switch roles after play

COACHING POINTS:

- *say "I Got Ball" as you close to defend
- *angle of approach get between attacker and the goal to deny them from scoring
- *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)
- *defend at a distance where you can touch the ball/block a shot without the player getting behind you on the dribble
- *staggered feet, angled hips and low center of gravity
- *maintain same front foot when you can - limit pivots
- *anticipate recognize moments where you need to
 - block a shot with back leg: prep touch out to the side, leg comes back to shoot
 - poke tackle ball away with front foot: attacker has good control of ball and keeps pushing you back
 - win the ball off of their touch: separating attacker from ball / putting body between attacker and ball off a big/poor touch
 - be patient and keep the attacker in front of you



5v5 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *5v5 to Full Size Goals with Goalkeepers
- *36 W x 28 L Field

COACHING POINTS:

- *Make sure that any players within shooting distance are defended immediately
- *Do everything you can to deny shots and prevent attackers from getting behind you
- *1v1 defending fundamentals related to closing the ball, angles, body shape and footwork
- *Anticipating/recognizing when to block shots, poke tackle, separate the attacker and win the ball or be patient

