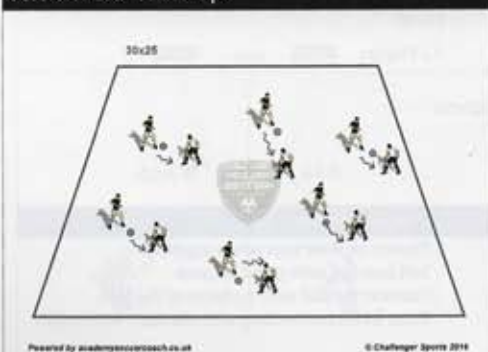


Topic: **1v1 Defending**

Objective: **To improve defensive posture and understanding of how and when to steal the ball in a 1v1 situation.**

Session Part: Warm-up



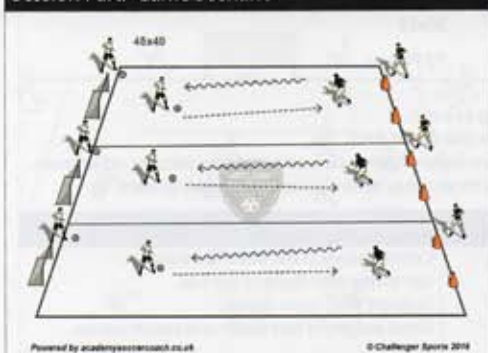
Organization		Time: 10
Area:	30x25	
Numbers:	12 Players	
<p>Players in pairs - 1 ball between 2. Player 1 dribbles the ball in the area, player 2 defends (jockeys) in front of the dribbler. Coach introduces different fakes & turns for dribblers to execute. 1. Drag Back. 2. Cruyff Turn. 3. Double Scissors.</p>		
Progressions		Coaching Points
<p>Player with ball will try accelerate away from the defender when coach calls "explode". Players rotate positions. Defender can steal the ball within set time limit.</p>		<p>Approach the ball with speed. Good defensive stance. Bent knees, weight on toes. Side on stance - shift body weight when dribbler changes direction/foot they are dribbling with.</p>

Session Part: Technical Fundamentals



Organization		Time: 20
Area:	30x25	
Numbers:	12 Players	
<p>Start the activity unopposed. Players in 4 equal groups of 3 players - 2 groups working simultaneously. Group B will pass to group A and apply pressure to the player on the ball. Group A must dribble the ball to group B starting position. Group B player will jockey back in front of the dribbler - next 2 players in line repeat.</p>		
Progressions		Coaching Points
<p>Build into opposed activity. Introduce points system in favor of good defending. Set a time limit for the 1v1 scenario. Increase/Decrease area size. Alternate groups - different opponents.</p>		<p>Side on stance - low center of gravity. Feet shoulder width apart, one foot forward. Eyes on the ball. When to delay - when to steal.</p>

Session Part: Game Scenario



Organization		Time: 15
Area:	45x40	
Numbers:	12 Players	
<p>1 small goal for defenders to protect & 1 gate/goal behind the attacker. Defender passes the ball to the attacker then applies pressure. Attacker attempts to score in small goal - defender protects the goal. If the defender successfully steals the ball they transition and aim to dribble through the gate where the attacker started the 1v1.</p>		
Progressions		Coaching Points
<p>Start the ball with the attacker. Increase/Decrease area width. Add a second attacker. Players switch positions. Add a Goalkeeper.</p>		<p>Recognize cues & triggers to press the ball. Side on stance - low center of gravity. Speed and angle to press. Jockey the attacker and delay their progress.</p>

Session Part: Small Sided Game



Organization		Time: 15
Area:	50x45	
Numbers:	12 Players	
<p>6v6 game. Encourage players to create 1v1 situations. Players must dribble over the end zone lines marked out to score a goal. All teams play 2-1-2 formation to encourage 1v1 domination across the field.</p>		
Progressions		Coaching Points
<p>Gradually introduce goals and goalkeepers. Points system in favor of good defending. Increase field size to challenger defenders. Rotate positions every 5 minutes.</p>		<p>Pinch the ball with the front foot. Side on stance - low center of gravity. Closest player pressures the ball. Speed and angle to close down. Delay and deny penetration.</p>