

Topic: 1v1 Defending

Objective: To perform the correct defensive stance and make it difficult to be beat in a 1v1 situation

Session Part: Warm-up



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Organization **Time:** 10

Area: 25x25
Numbers: 12 Players
 2 equal groups of 6 players.
 Begin activity without a ball - gradually increase.
 Player 1 attacks the gate (tall cones) that player 2 is defending.
 If player 1 makes it through the gate without being tagged they join the back of the attacking line.
 If player 2 tags player 1 they switch roles.

Progressions	Coaching Points
Make the gate smaller - less space to move. Introduce a soccer ball. Players tucks pinnie into shorts. 2 groups working simultaneously if needed.	Defender closes down the attacker. Touch tight - side on stance. Body shape dictating direction attacker can go. Don't commit/dive in - stay on your feet.

Session Part: Technical Fundamentals



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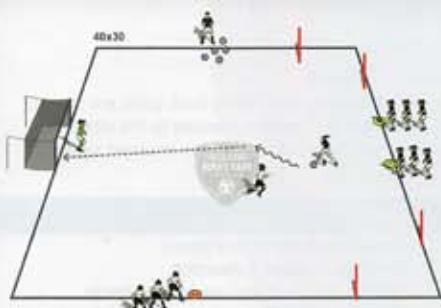
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Organization **Time:** 15

Area: 40x30
Numbers: 12 Players
 Players are split into groups of 2, 3 or 4 and take a healthy supply of balls to their area.
 1 goal in each area - groups split into attackers and defenders.
 Defenders begin at the side of the goal with a ball and pass to an attacker who moves to a position opposite the goal they are attempting to score in.
 Defender applies pressure and delays the attacker from scoring for 10 seconds to win a point.

Progressions	Coaching Points
Opposed exercise - defenders can steal the ball. Rotate groups and opponents. Add a second attacker to make a 2v1. Add goalkeepers. Extend distance for defenders to cover.	Pressure on the ball. Delay the attacker - side on stance, angled body position to the attackers weaker side. Deny penetration getting touch tight. Steal the ball with intent.

Session Part: Game Scenario



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Organization **Time:** 20

Area: 40x30
Numbers: 12 Players
 2 equal groups - attack vs. defense - 1 large goal with goalkeeper - 2 gates at opposite end of the field.
 Coach passes the ball to the attacker who controls and is put under pressure by a defender.
 Attacker attempts to beat the defender and score past the goalkeeper.
 Defender attempts to steal the ball and transition to score in either of the small gates.
 Players switch roles - attacker becomes defender.

Progressions	Coaching Points
Introduce a second attacker to make a 2v1. Larger area size making it difficult for defenders. Time limit for both players to score. Points system favoring defenders.	Apply fast pressure on the ball. Slow down and delay the attacker. Side on stance dictating where the attacker moves.

Session Part: Small Sided Game



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Organization **Time:** 15

Area: 50x40
Numbers: 12 Players
 6v6 - 2 goalkeepers.
 2 end zones created for 1v1 between attacker and defender.
 If the defender steals the ball they are awarded 2 goals.
 Rotate positions every 5 minutes giving all players an opportunity to defend 1v1.

Progressions	Coaching Points
Build into 2v2 in the end zones. Set time limits for attackers to score. Add more points for good defending. Free play.	Pressure on the ball. Deny time and space on the ball. Delay the attacker and divert using body shape. Steal the ball where possible.