
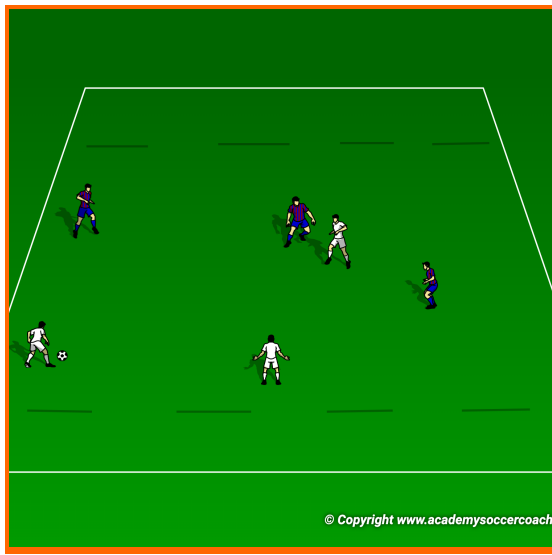


Spring 2024 	<b>GOAL:</b>	<b>Defending 1v1</b>					<b>G2/3</b>
	<b>PLAYER ACTIONS</b>	<b>Show good understanding of where to show players and how to limit their spaces!</b>					
	<b>KEY QUALITIES</b>	<b>Correct Body Position, Triggers of when to engage, Limit Space</b>					
	<b>MOMENT</b>	<b>Defenders</b>	<b>DURATION</b>	<b>90 minutes</b>	<b>PLAYERS</b>	<b>8-12</b>	

**SKILL ACQUISITION: Defending:** Being quick to limit attackers space, being patient, being the right amount of aggressive – **Footwork:** Making sure feet don't cross, moving small steps and not lunging to stay balanced - **Defensive IQ:** waiting for the right triggers of when to engage, showing away from the goal, forcing attackers onto weaker foot!

<b>1 PLAY PHASE (Intentional Free Play)</b>	<b>DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.</b>
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**OBJECTIVE:** To pass or dribble past an opponent in order to move the ball into the attacking end zone to score a point **PLAYER ACTIONS:** Pass or dribble forward, Spread out, make an available option to get on the ball.

**ORGANIZATION:** Divide your (25W x 35L) game field into two 15W x 25L with the end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

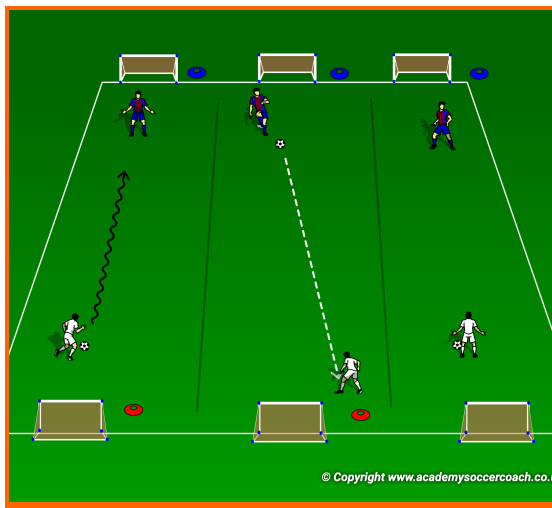
**KEY WORDS:** Play forward, find your teammate

**GUIDED QUESTIONS:** If you see an opening in front of you, what should you do? When should you pass instead of dribble?

**ANSWERS:** Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.

**NOTES:** Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

<b>CORE ACTIVITY: STOP the Player 1v1</b>	<b>DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.</b>
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**OBJECTIVE:** To move the ball forward past the defender and score in the shape

**PLAYER ACTIONS:** Limit Space as soon as possible, watch the ball, show onto one side and wait for triggers to engage.

**ORGANIZATION:** In a 30Wx40L grid create three sections where the defenders start at the blue cones and the attackers start at the red ones. How the play starts is the defender will go into their zone with the ball. As soon as they enter they must pass the ball to the attacker and then battle them 1v1's. The Attacker's job is to dribble past and score. If the defender wins the ball they can score at the opposite end. After the play is finished, players return back to their start spots. Players are restricted to their zone and cannot go into other players.

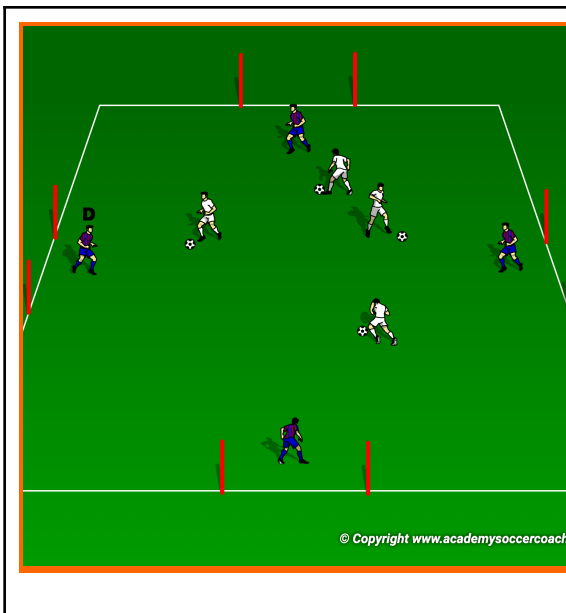
**KEY WORDS:** Delay, Limit Space, Show one way, be patient, action off triggers.

**GUIDED QUESTIONS:** What effect does it have on the attacker when you approach quickly after the initial pass? What should I SLAM on when I get to the defender? What should I watch, ball or feet?

**ANSWERS:** It will limit the attackers space and not allow them to gain speed. When approaching, I should slam the brakes on so I don't commit and make it easy for the attacker. I should always watch the ball.

**Non Focus Player:** When attacking I should be as explosive as possible and get my first touch forwards. I should try and change the feet I dribble with so I can make the defender's body position harder to maintain.

<b>LESS CHALLENGING: Watch out for the GATEKEEPERS</b>	<b>DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.</b>
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**OBJECTIVE:** To dribble towards the shapes on the opposite side utilizing the space available.

**PLAYER ACTIONS:** Limit Space as soon as possible, watch the ball, show towards traffic and wait for triggers to engage.

**ORGANIZATION:** In a 30Wx40L grid, create four 'big gates' on each side of the squared area. Assign a 'gatekeeper' to protect either one or all of the gates. They are tasked with protecting the gate and not allowing any attackers to dribble through their gate. If the defender wins the ball they can clear it for 1 point or for 3 they can dribble it through another gate. If an attacker gets past a gatekeeper they reset in the middle of the area!

**KEY WORDS:** Delay, Limit Space, Show one way, be patient, action off triggers.

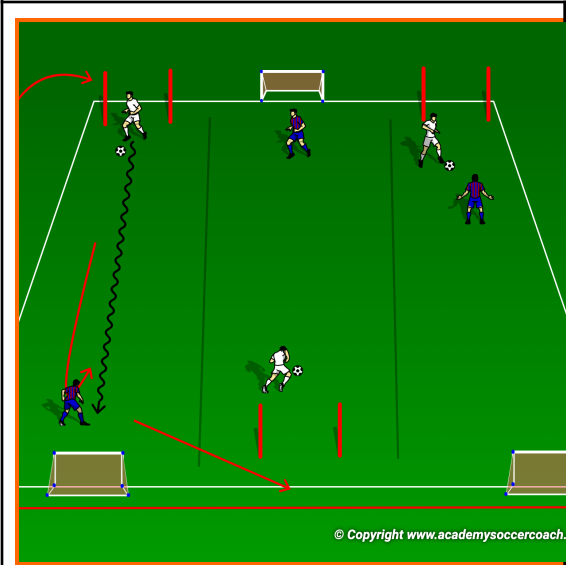
**GUIDED QUESTIONS:** What effect does it have on the attacker when you approach quickly? What space do I leave if I engage too quickly? When should I engage?

**ANSWERS:** It will affect the attackers ability to generate speed! I need to think of press/cover and not fully commit to the player on the ball but rather protect my 'gate'. Wait for triggers like a big touch, a confused skill or an uncontrolled dribble towards me.

**Non Focus Player:** When attacking I should be as explosive as possible and get my first touch forwards. I should try and change the feet I dribble with so I can make the defender's body position harder to maintain. I should use the other attackers as a distraction to get through.

**MORE CHALLENGING: 3 Individual 1v1's (Transition)**

**DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.**



**OBJECTIVE:** To win as many 1v1 battles defensively as possible.

**PLAYER ACTIONS:** Limit Space as soon as possible, watch the ball, show towards traffic and wait for triggers to engage.

**ORGANIZATION:** In a 40Wx40L grid, create three separate zones. The red poles are the start points for the attackers and in front of the goals is where the defenders start from. The attacker's job is to try and beat the defender and score in the opposite goal. The defender's job is to regain possession of the ball and 'dribble through' the red pole. After the phase has finished the attacker will become the defender for the next phase and the defender will join the next zone start point. (Red Poles).

**KEY WORDS:** Delay, Limit Space, Show one way, be patient, action off triggers.

**GUIDED QUESTIONS:** What effect does it have on the attacker when you approach quickly? What space do I leave if I engage too quickly? When should I engage? How should I position my body?

**ANSWERS:** It will affect the attackers ability to generate speed! I need to think of press/cover and not fully commit to the player on the ball but rather protect my 'gate'. Wait for triggers like a big touch, a confused skill or an uncontrolled dribble towards me. I should position my body on the side to limit the percentage of the area the attacker can dribble into.

**Non Focus Player:** When attacking I should be as explosive as possible and get my first touch forwards. I should try and change the feet I dribble with so I can make the defender's body position harder to maintain. Be as creative and as positive as possible, take early shots at goal.

**2 PLAY PHASE: The Game – Four Goal Game**

**DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.**



**OBJECTIVE:** To work hard off the ball to protect two goals.

**PLAYER ACTIONS:** Stay disciplined and organized as a team to limit space and not allow the attackers to score. Force play central.

**ORGANIZATION:** In a 40Wx40L field, add two goals at either end for both teams. They then have two goals for scoring opportunities. Normal Scrimmage. Defenders job is to work hard and protect both goals in wide positions.

**KEY WORDS:** Work Hard, Show Centrally, Press, engage! Cover!

**GUIDED QUESTIONS:** Who should engage towards the ball? What do I leave behind me when I engage? How can we stay organized as a team and be hard to beat?

**ANSWERS:** The player closest to the ball. I leave space behind me so I need to ensure that my teammate is covering this. We can communicate to work together to limit space and not allow goal scoring opportunities.

**Non player:** Be as creative as possible with the ball and my movement, how can i support the -player on the ball. Create space for players with the ball. Be brave and get on the ball. Be direct!

#### FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

#### TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**