

DESCRIPTION

40x40 yard grid with a 20x20 yard grid inside. Players loosen up with some defensive movements without a ball. Drop-steps, big to little steps, back peddling and shuffling.

You then give half of your players a ball. They dribble and players without a ball continue with defensive movements. When coach shouts “engage” the players without a ball must find the closest dribbler and get in to a good defensive position to stop the dribbler going towards the center square. Remind players to keep distanced, we are working on their reactions and ability to quickly get set, rather than them trying to actually take the ball.

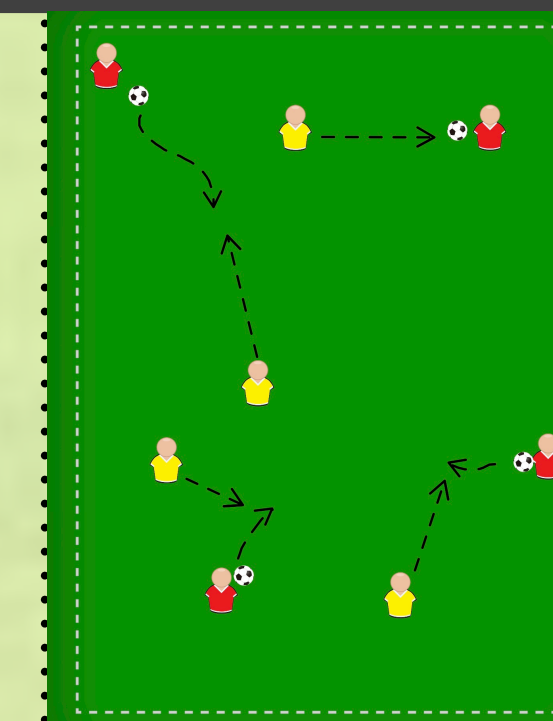
WARM UP

COACHING POINTS

FIRST COACHING POINT - SET POSITION

The defender should, approach the ball with big steps that get smaller as they close in. When they get close they should start to turn their hips and shoulders towards where they want the dribbler to go. Eyes on the ball, bent knees, weight evenly spread

DIAGRAM



TECHNICAL

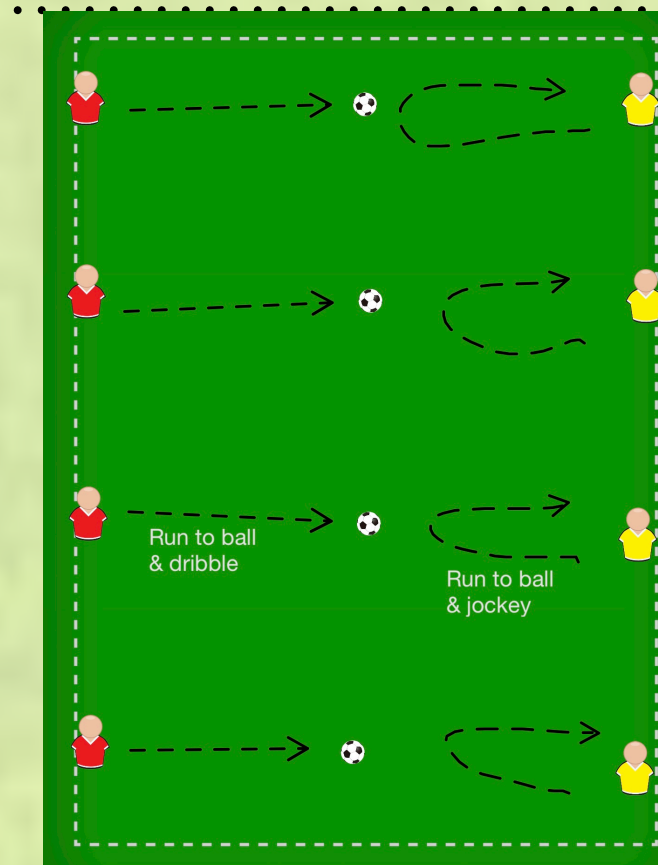
This is a progression from above. Divide your players in to two teams and line them up facing an opponent from the opposition with a ball between them. When coach shouts go, players from team one will run to the ball and dribble forward. The players from team two must get to the ball but collapse in to a good defensive stance and shuffle back as the dribbler comes forward. Allow about five reps and then have them switch roles. To progress you'll add a second defender - this defender has a ball and starts twenty yards behind the attacker. When you start the game the second defender must dribble their ball to try and hit the dribbler. This, only works if they engaging defender delays the attacker.

FIRST COACHING POINT - APPROACH

Encourage players to approach the ball off center. This will take away one path from the dribbler and make things more predictable..

SECOND COACHING POINT - FOOTWORK

Retreating defenders should try not to let their legs cross. Small steps but quick feet

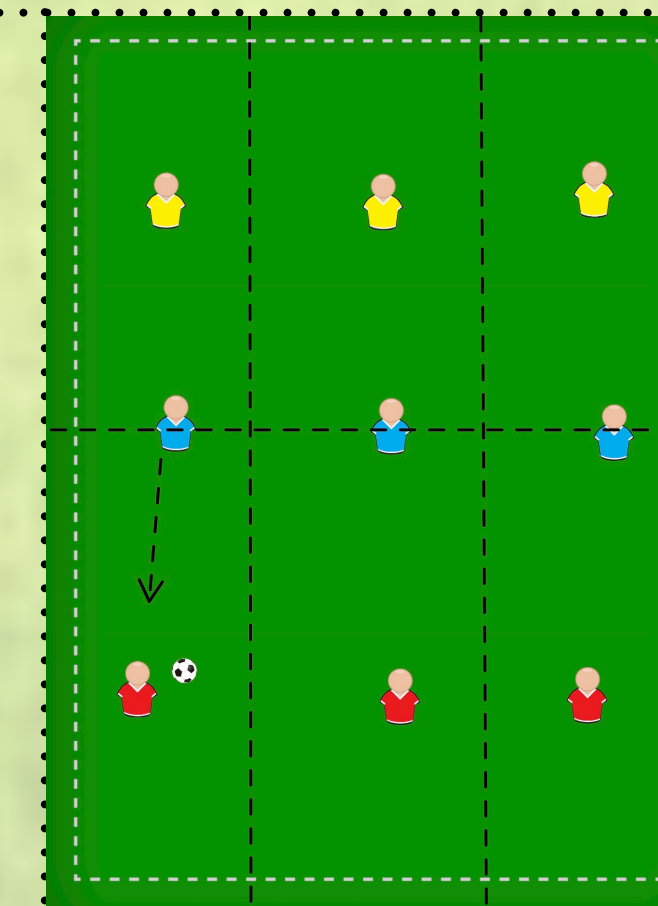


TACTICAL

Set up as shown, with five yard channels running through your area. Divide your players in to three teams. One team will be on the mid line as defenders. They stay on the line and move laterally. The other two teams will choose a half each. The games starts and the defensive team must try to stop the ball from making it across the mid-line. When the ball is in a channel, the corresponding defender can step forward to close the ball down. When the ball leaves their channel they must retreat. Remind defenders to close down the ball but not to try and take it. If the defensive team prevent the ball going across for twenty seconds they switch with the team caught in possession.

FIRST COACHING POINT - CLOSEST PLAYER

The closest player to the ball should close it down but the get back to their position if the ball switches sides.



GAME

This will be a small sided game. Add in a goal with a goalkeeper. One defender in the middle (who must start on the cone facing the goal) vs one attacker. When coach shouts go, the attacker must call for a ball and has two touches to try and score. The defender becomes active at the same time and must try to block the shot. Allow the attacker five shots and then switch them out. Track their blocks to see which defender wins.

COACHING SUMMARY

This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas

