



Youth Academy Defending 1v1

Category: Technical: Defensive skills

Difficulty: Beginner

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Description

Defensive principles for Youth Players 1v1

Warm Up and Shadowing (20 mins)

Organization of Session

Space roughly 30x40

2 players to a ball

Player with ball dribble at the defender attempting to offset the defender

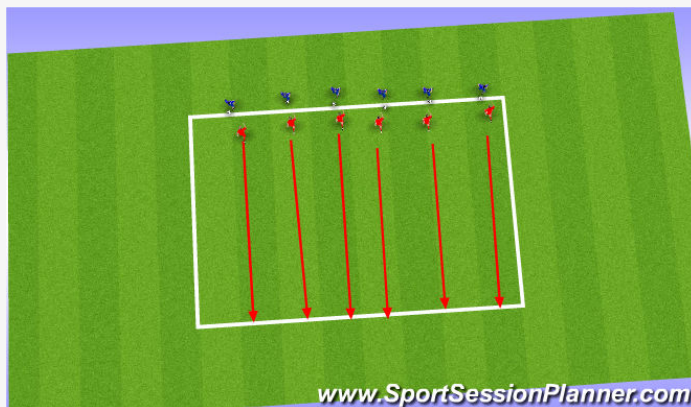
Defenders job is to keep the dribbler in-front of them and force them back to the other side without taking the ball "LOW PRESSURE"

Key Points

Starting points, Defenders align themselves with the outside shoulder of the attacker, and a full outstretched arms length apart
Defenders body shape is side on and balance is low to the ground
Footwork is a shuffle not crossing over (heels should not click together)

Coaching Points

We focus on body control, staying low to the ground and redirecting the attacker, footwork and waiting for the mistake(Not diving in!)



QUICK SLOW LOW and Tackling (15 mins)

Organization of Session

In a space roughly 10x12

3-5 players per space

defender plays ball out and closes the space cannot win ball until into the defensive half, attacking players dribble across the end line.

Key Points

QUICK SLOW LOW!

Defender must close as much space as possible quickly,

Defender must slow down as to not over run the attacker,

Defender must stay Low to the ground to maintain balance and redirect the attacker,

Block Tackle, Poke Tackle, and shoulder tackle, are introduced as proper tackling techniques

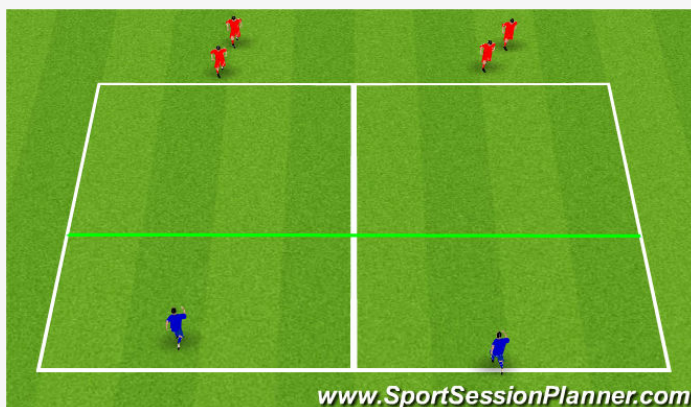
Coaching Points

Body shape and control,

Closing the space,

when do we decide what tackle to apply,

DEFENSIVE DRILL WE ARENT COACHING THE ATTACKER!!!



3v3 or 4v4 to Goals (20 mins)

Organization of Session

3v3 or 4v4 to mini goals,

Must score from attacking half,

Multiple 2-3 minutes games.

Key Points

Scoring from attacking half will allow defender the chance at containment having to targets to defend in this space helps create making proper choices of when to tackle

Coaching Points

Allow the kids to play, reinforce the concepts of today.



