



1st and 2nd Defender

Category: Technical: Defensive skills
Difficulty: Beginner

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Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

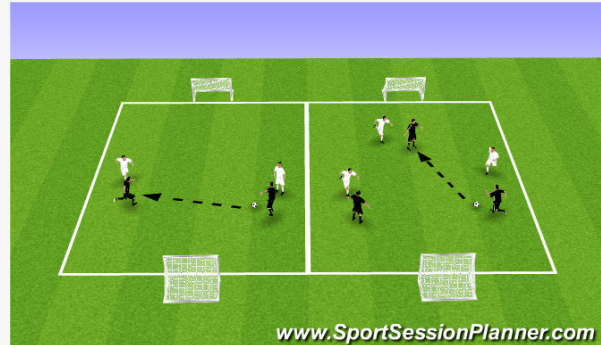
As players arrive for practice get them moving into small sided games early. Build up to two games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes. Also make sure every player experiences the 2v2 and 3v3 game.

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



Cone Ball 1v1 (20 mins)

Set-up

12 x 10 grids with a ball on a cone at one end as shown.

Organization

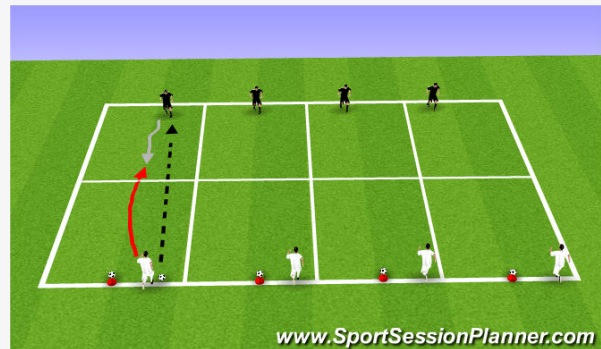
Players work in pairs. White player plays the ball across the grid to black player and closes the space down quickly. Black player must try to dribble past the white player and try and knock the ball off the cone or dribble across end line. White player defends them and tries to win the ball and dribble across opposition end line.

Progressions

Switch roles, have players work for 90 seconds games and keep track of points. Winners move up the grid loser's move down the grid.

Coaching Points

Close down space and try to win ball in black half, speed/angle of approach, apply pressure without stabbing, body shape side on, take advantage of poor touch/dribble by attacker, watch ball not player.



Cone Ball 2v2 (20 mins)

Set up

Progression from previous drill. Remove grid lines to make area bigger for 2v2 play.

Organization

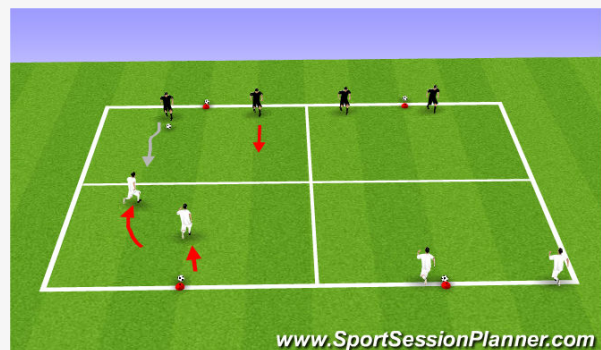
Teams now play 2v2. White team pass ball to black team and close space down. First defender must pressure the ball while second defender must provide cover and protect the "cone ball". If white team win the ball they can counter attack oppositions ball/goal line. Points are awarded for knocking ball of cone (2) or dribbling over end line (1).

Progressions

Make competitive, rotate opponents every 3-4 minutes.

Coaching Points

First defender pressure, second defender covers, angle of approach, prevent splitting pass/shot, body shape forcing player towards second defender.



3v2 (20 mins)

Set Up

Grids is 30 x20 with two full size goals as shown

Organization

Break teams into two groups. Ball starts with white team who play ball across to the black team. Three black attackers now attack 2 white defenders and try to score on goal. Player that takes the shot or loses the ball steps out and the remaining two blacks now defend the next wave of 3 white attackers

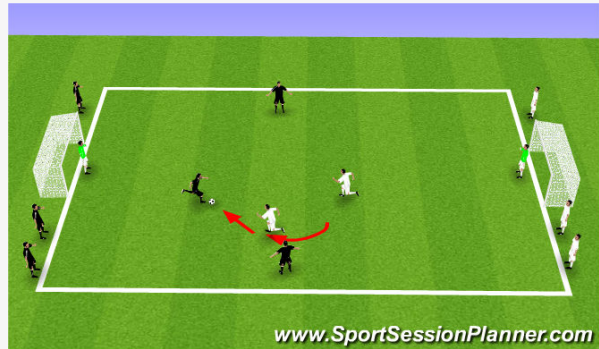
Progressions

Add in recovering defender to make it 3v3 if defenders can delay attackers

Defending team can counter attack to other goal if they win the ball

Coaching Points

Angle of approach - make pass predictable, angle of support from covering defender, pressure and delay attackers



Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 5 v 5 including Goalkeepers. Regular scrimmage game with emphasis on the defensive side of the game. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.

