

Attacking & Defending

One versus one each player attacking and defending

1 central gate:

Skill Work:	1v1 Attacking & Defending one gate	15 minutes
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Organization: <ul style="list-style-type: none">• Set-up area 10x10m as shown.• Players are working in pairs.• Each player attacks and defends one Gate• All soccer balls close to coach• Coach serves balls to replace the ball out or to change the focus of the play		Coaching Points: Attacker: <ol style="list-style-type: none">1. Protect the ball from opponent2. Ability to fake – tease your opponent - dribble3. Use of the body to protect4. Ability to see the closes opportunity Defender <ol style="list-style-type: none">1. Close down - Get down Stay down2. Choose right moment to tackle TRANSITION – go to goal
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Description: <ol style="list-style-type: none">1. Team function: Attacking / defending2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.



Attacking & Defending

One versus one each player attacking and defending a goal

with a GK:

Skill Work:

1v1 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 1 target player:

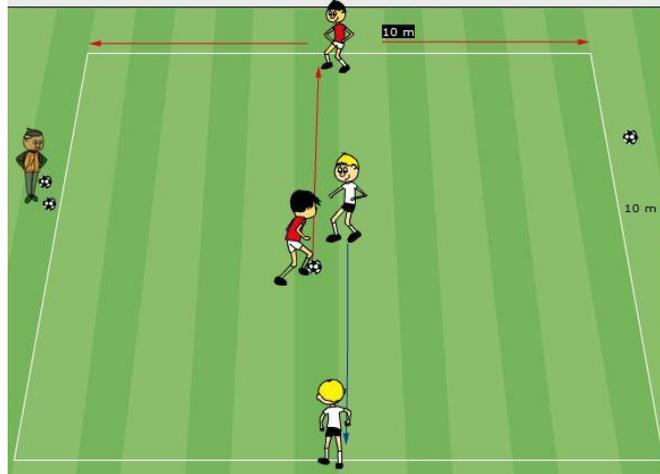
Skill Work:

1v1 Attacking & Defending a target player

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the target player. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one attacking and defending one goal line:

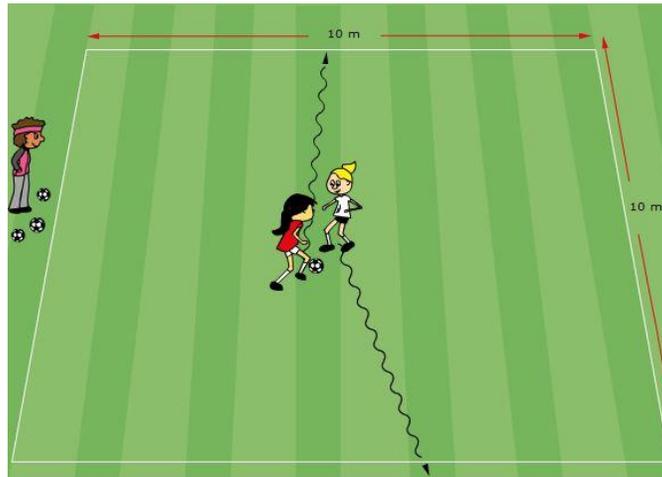
Skill Work:

1v1 Attacking & Defending one goal line

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- One Goal line per player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to the goal line under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending

2 gates on same line:

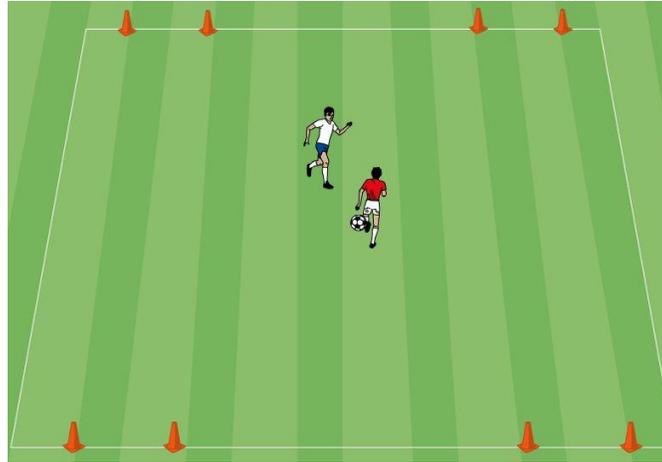
Skill Work:

1v1 Attacking & Defending two gates on same line

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Gates on the same line
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 2 goals:

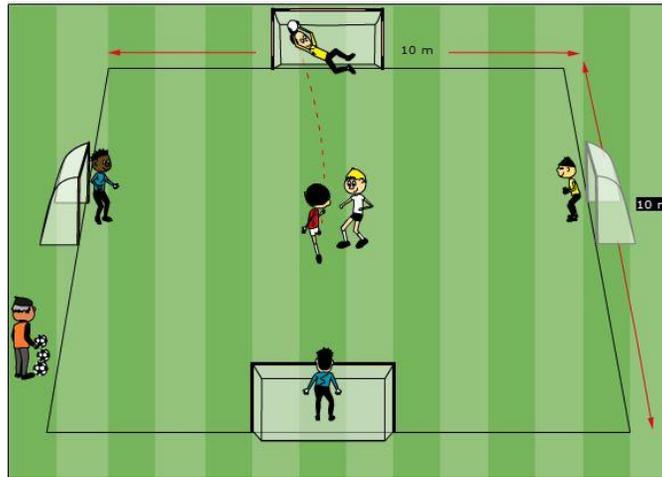
Skill Work:

1v1 Attacking & Defending 2 goals

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Goals each
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score on the open net. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one attacking and defending two goal lines:

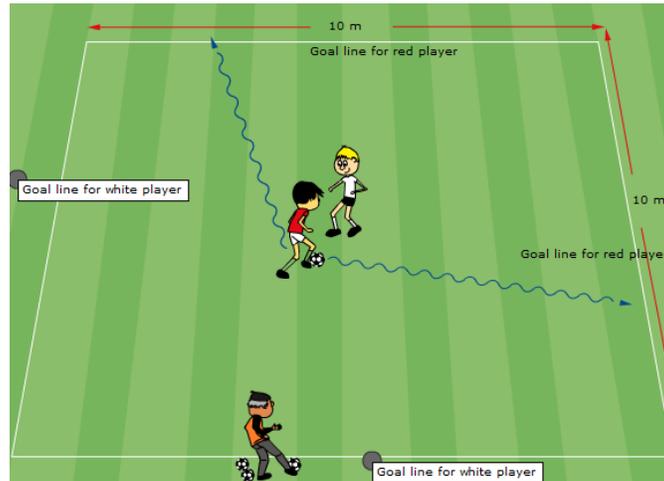
Skill Work:

1v1 Attacking & Defending two goal lines

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Two Goal lines per player to score and defend
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to one of the two goal lines under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 2 target players:

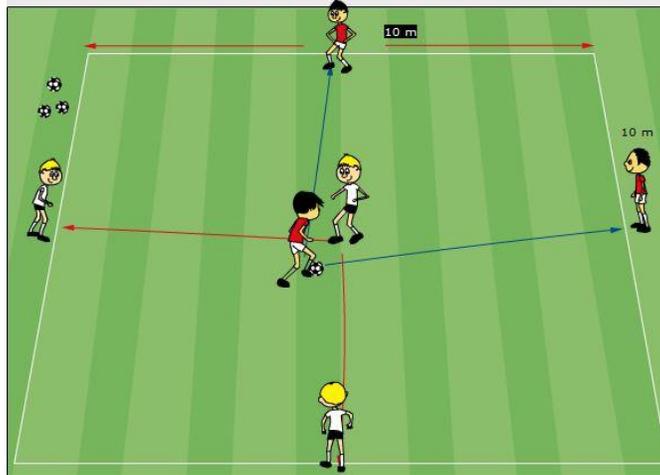
Skill Work:

1v1 Attacking & Defending two target players

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to perceive and choose open target

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the two target players. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one with opponent chasing from behind:

Skill Work:

1v1 Attacking & Defending from behind

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Take the ball away by positioning between ball and attacker
2. Tackle the ball away
3. Choose right moment

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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Attacking & Defending

One versus one with opponent chasing from different angles:

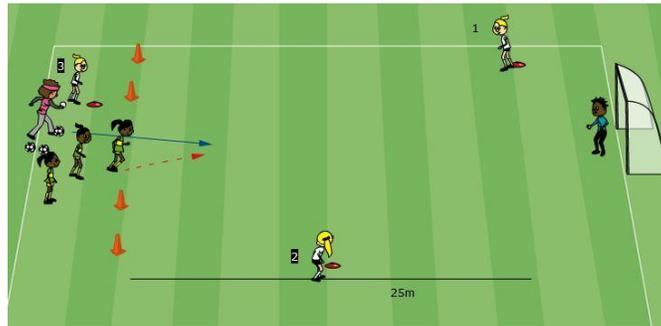
Skill Work:

1v1 Attacking & Defending from different angles

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where three players are acting as the defenders from different positions and angles – (refer to individual session of defending from the side, the back and the front). The coach passes a ball forward for the attacker to run onto. At the same time, the coach calls a number (front: 1 – side: 2 – behind: 3). The attacker's aim is to score a goal against a goalkeeper and the defender coming into play from different angles. The attacker must adapt while the defender is looking at gaining possession and scoring into one of the two small goals set up by the coach.
4. The coach can call two numbers to create a 1 versus 2 situation.

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Attacking & Defending

One versus one with opponent chasing from the front:

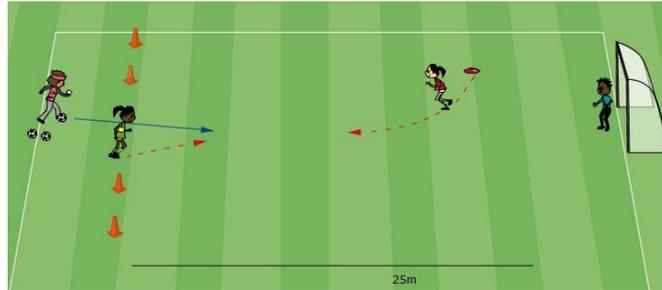
Skill Work:

1v1 Attacking & Defending from the front

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down – fast and slow down
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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Attacking & Defending

One versus one with opponent chasing from the side:

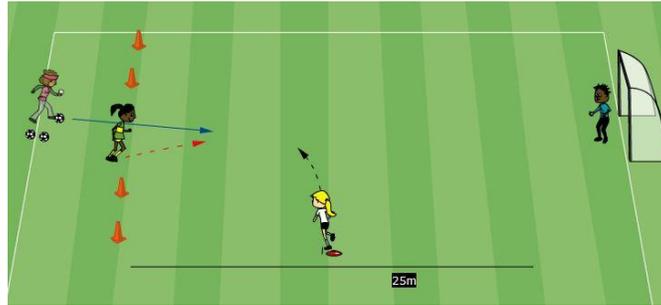
Skill Work:

1v1 Attacking & Defending from the side

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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