

1v1 Defending: Skill/Technique #2

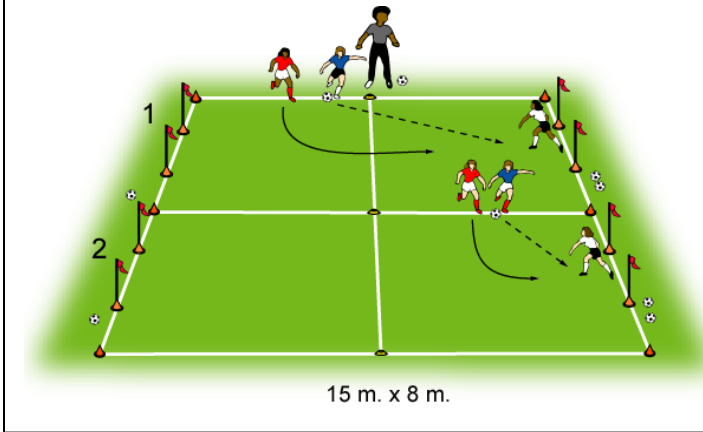
Skill Work:

1v1 Defending

15 minutes

Organization:

- Set-up areas 15x8m as shown
- Divide players into groups of three, one server, one defender and one attacker.
- Rotate each player every six attempts.



Coaching Points:

- Take away the shot and close down quickly.
- If forward has a poor touch try and win the ball.
- If forward has a good touch jockey/contain her.
- Watch the ball not the forwards feet/body.
- Angle your body to steer forward to side.
- Be strong in the challenge

Description:

1. As with the previous exercise but the server and defender are positioned a third of the way down the sideline. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender attempts to win the ball and score in the white player's goal. The white player must try and score in the red player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.
2. As with the previous exercise but the server and defender are positioned a two thirds of the way down the sideline. It is even more critical to get across to take away the shot as the ball is traveling.

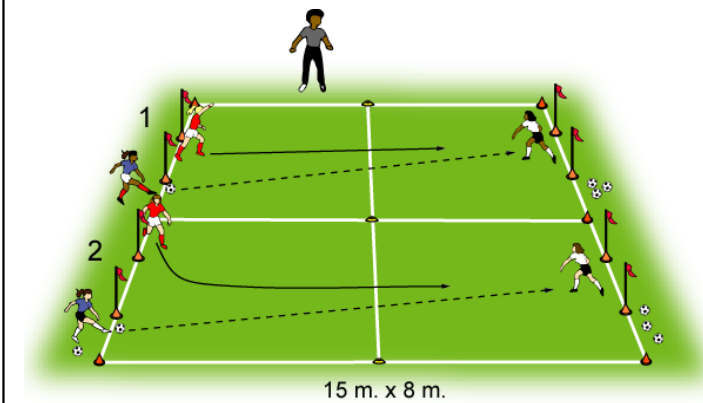
Note: *This is a demanding exercise for the players working so please allow recovery time between each attack.*

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1v1 Defending: Skill/Technique #1

Skill/Technique:	1v1 defending	20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Set-up areas 15x8m as shown Divide players into groups of three, one server, one defender and one attacker. Rotate each player every six attempts. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Take away the shot and close down quickly. If forward has a poor touch try and win the ball. If forward has a good touch jockey/contain her. Watch the ball not the forwards feet/body. Angle your body to steer forward to side. Be strong in the
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Description:

1. The server (blue) passes the ball to the white player in the opposite goal. As the ball travels the defender closes the ball down and attempts to win the ball and score in the white player's goal. The white player must try and score in the red player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.
2. As the previous exercise but this time the red player starts at the corner of the playing area and to the side of her goal. The white player can shoot as soon as she receives the ball, or dribble in order to create a scoring opportunity. Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.

Note: This is a demanding exercise for the players working so please allow recovery time between each attack.



Defending – Man-to-Man Tight & Loose Marking: Skill/Technique #3

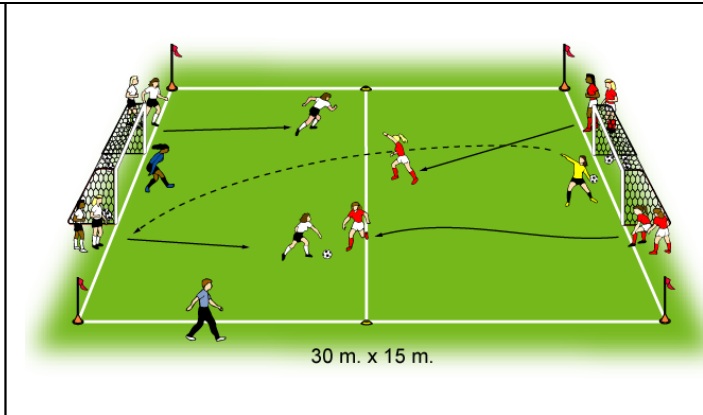
Skill/Technique:

2v2 defending (Tight & Loose Marking)

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and a second teammate try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw two red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next two reds in line and the next two white players have to defend. This process continues in both directions.

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Defending – Man-to-Man Tight & Loose Marking: Skill/Technique #4

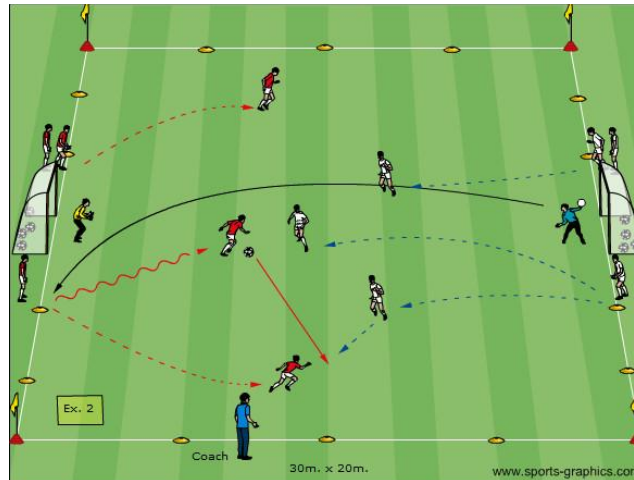
Skill Work:

3v3 Defending (Tight & Loose Marking)

15 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals
- All soccer balls in the goals.



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and two other teammates try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw three red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next three reds in line and the next three white players have to defend. This process continues in both directions.
2. **Progression:** Can progress to 4v4 by making the area 40x30m, if players are performing the man to man task well.

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