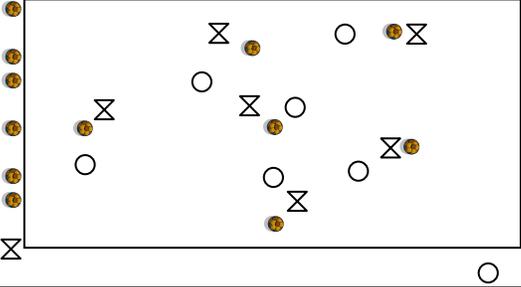
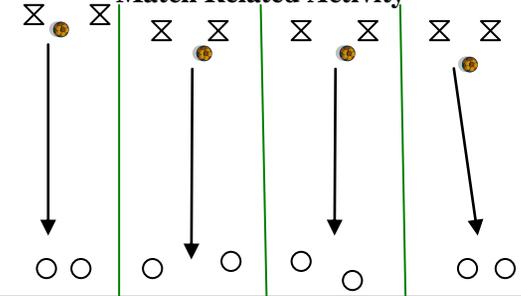
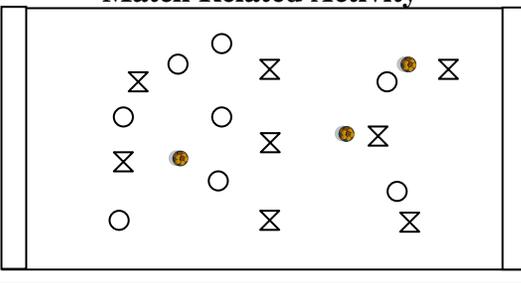
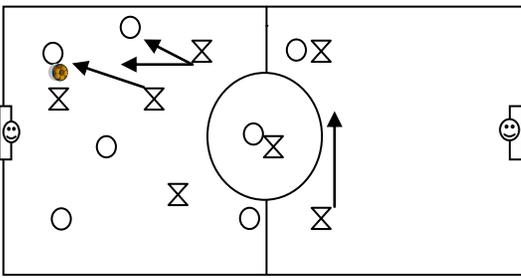




Principles of Defending 1 v 1 & 2 v 2

<p>• Fundamentals (Warm up)</p> 	<p>Organization</p> <ul style="list-style-type: none"> • 6 O players and 6 X players X players have the ball • O players follow X players around the area and stand in front of the X players. Area 30 x 20 • X players stop the ball and maneuver the ball past O • O players do not tackle only force the X players to change their direction with the ball. • Players switch positions and O players repeat the task • Light stretching exercise between rest periods 	<p>Coaching Points</p> <ul style="list-style-type: none"> • Relaxed body movement for both groups close control. • Defenders O show patients when getting into position to tackle • Defenders channel the attackers onto their strong side staying close to their opponent. • Defender must have good balance, “knees bent slightly leaning forward ready to tackle • Defenders try to force the attackers off the grid without touch the ball
<p>Match Related Activity</p> 	<ul style="list-style-type: none"> • Area of grid 10 x 30 yard. 1v1 a supply of balls • X player passes to O player follows their pass • X plays 1 v 1 to end line in their area grid. • Objective is to prevent the attacker getting past the defender to the end of the grid and get the ball over the opposite end line. • Players repeat the exercise where X player takes to role of the defender. Go to two v two • Defender must delay the attack as long as possible 	<ul style="list-style-type: none"> • Having passed the ball to player O. X must cover as much ground as possible to prevent the O player getting forward into a run. • X player must be fast but also be able to slow down when he/she gets close to the attacker O and be on an angle leading with the strongest foot to turn sideways and keep balanced. • X players must show the attackers O left or right to push them towards the touch lines denying space to beat the defender. • Add 2nd defender and 2nd attacker 2 v 2 to allow for Pressure to delay and cover. Finally to balance the defense.
<p>Match Related Activity</p> 	<ul style="list-style-type: none"> • Game area 40x35. 8v8. Two 5yrd zones at the end • Players on both teams are given a number 1 through 8 • Players play to end zones but can only tackle or pressure there own numbered player 2 plays against 2 5 plays against 5, number 8 versus 8, and so forth. • One ball to start with. Proceed to two or three balls. • One point for a pass into the end zone • 3 points if a player dribbles into the end zone 	<ul style="list-style-type: none"> • Observe the defenders ability to make positive decisions • Observe the speed and angle of approach from the defender • Observe the balance when the defender gets close to tackle. • Observe the first defenders ability to delay the player on the ball • Observe the second defenders position in relation to the ball and the attacker. • Observe the covering defender has the correct distance angle and depth of support towards the first defender.
<p>Game Condition Activity</p> 	<p>Area of field 80x50, 8v8 with keepers U13 and up</p> <p>Red v Blue vests, good supply of footballs balls.</p> <p>Subs if needed</p> <p>Objective: To be able to defend high up the field with good individual and small numbers defending</p>	<ul style="list-style-type: none"> • Observe the compactness of the defending team • Diagram shows high pressure X players closing down back pass to the keeper forcing play to the wide O player. • X team show high pressure defending with covers, and balance from the rest of the team. • O forwards are also marked tight with a covering left back who is able to drop off if needed

Cool-Down Stretching

John Tudor Director of Senior Coach and Player Development CC United Soccer