

SESSION 6

PLAYING MOMENT DEFENDING | CORE SKILL TACKLING | FOCUS TACKLING WHEN FACING AN OPPONENT

SKILL ARRIVAL

SETUP

- Area of up to 12x20m. Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves)



HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

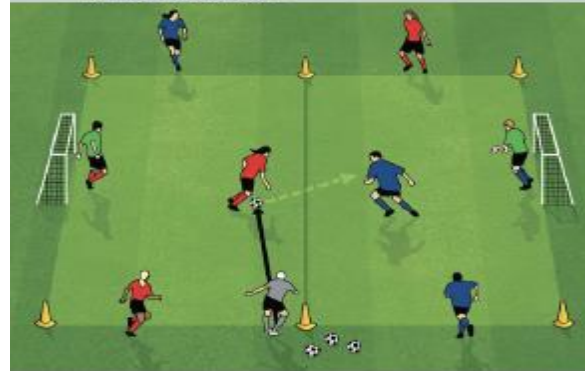
OUTCOMES

- An environment of "play" encourages players to be creative and try new things.

SKILL TRAINING

SETUP

- Area of up to 20x10m. Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- 1 player from each team begin on the pitch.
- 2 players from each team off the pitch as support players. Support players must operate on different halves and different sides of the pitch.
- Spare footballs placed to the side of half way line.
- Replicate pitch for other players.



HOW TO PLAY

- Session is started by coach passing the ball to one of the attackers inside the area.
- Objective is for players to play 1v1 against each other and attempt to score in the opponents goal.
- Player in possession can use team mate support players.
- Play continues from a GK save.
- Rotate players after a few attacks

POSSIBLE PROGRESSIONS

1. Support players must pass the ball back within two touches
2. Attackers can only use support players in half that they are currently in

EXERCISE TASK

- Today is about tackling an opponent in a 1v1.

PLAYER TASK EXAMPLES

- Can you position your body so that you force the attacker to play with their weaker foot?
- Can you choose the correct time to steal the ball, choosing the moment where you can clearly see all of the ball?
- After winning possession, can you attack the opponents goal quickly?

OBSERVATION DISCUSSION

- Name some world class defenders. What makes them world class?

SKILL INTRODUCTION

SETUP

- Area of up to 25x25m. Modify area depending on the number of players involved.
- 8 attackers in Blue bibs with a ball each. 4 defenders in Red bibs without a ball.
- 2 gates, made of cones, placed in the corner of the playing area.
- Spare footballs placed to the side of pitch.



HOW TO PLAY

- Blue players dribble around the inside of the area.
- On the coaches command, all player players must attempt to dribble passed a defender through a gate.
- If Blue dribbles through successfully, they score 1pt.
- If Red defender wins possession, they pass the ball back to the middle.
- Play restarts with the Blues dribbling around the inside of the area.
- Change over defenders after a while.

PROGRESSION

1. Defenders only have to tag the attacker, rather than tackling the ball.
2. Add defender into the middle who can tackle / tag players on coaches command.

OUTCOMES

- Speed and angle of approach
- Decision making - when to tackle / when to delay

DRINKS BREAK DISCUSSION

- List the different ways that you can take the ball off the attacker.

SKILL GAME

SETUP

- Area of up to 18x25m. Modify area depending on the number of players involved.
- Goals at each end. (Big goals with GKs or smaller goals without)
- 2 teams of 3 players, bibbed in different colours (Red & Blue in diagram).
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players.



HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Teams are awarded 2pts if a player scores after taking on an opponent
2. Make the pitch width smaller

OUTCOMES

- Speed and angle of approach
- Body position to encourage attacker in a particular direction
- Decision making - when to tackle / what type of tackle to select

DRINKS BREAK DISCUSSION

- What do the attackers do that makes it difficult to defend? How can we make it easier for ourselves?