

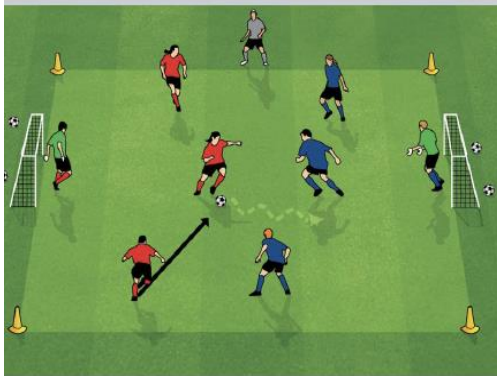
SESSION 12

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.

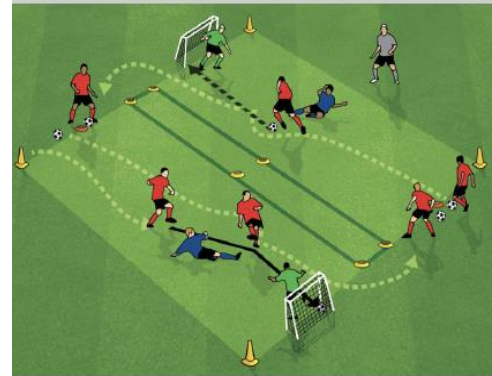
OUTCOMES

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

SKILL TRAINING

SETUP

- Area of up to 20x22m. Modify area depending on number and age of players involved.
- Split the area into two 10 x 20m areas divided by a 2m channel. A goal is to be placed at opposite ends of the halves, faced by a starting cone - creating a circuit.
- Attackers (Red) to start behind the two starting cones, with one defender in each half of the area.
- Footballs are placed at the starting cones.



HOW TO PLAY

- Attackers (Reds) try to dribble passed the defender and attempt to score in the goal.
- When the ball goes out of play / goal is scored attacker retrieves their ball and moves to the other starting cone.
- Attackers are allowed to work in groups of one or two.
- Rotate the defenders on a regular basis.

PROGRESSION

1. Introduce a time limit for players to score
2. Introduce a "Floating" defender. This player begins in the channel and can enter either half at any time to create a team of two defenders
3. Attackers are only allowed to attack on their own
4. Defenders win 1 point in they win possession and pass ball to the starting cone

EXERCISE TASK

- Can the defender/s prevent the attackers from having a goal scoring opportunity

PLAYER TASK EXAMPLES

- Can the defender close down the attackers meeting them as far away from the goal as possible
- If outnumbered can the defender cut off the pass to the second attacker?
- Can the defender show the player in possession in a direction that takes them away from the goal?
- If the defender wins possession can they counter attack quickly?

OUTCOMES

- Dribbling with close control and use of both feet
- Change of direction & speed to beat defenders
- Acceleration once passed a defender
- Positive reaction if successful (shoot) or not (chase back)

SKILL INTRODUCTION

SETUP

- Area of up to 20x20m. Modify area depending on the number of players involved.
- Players divided into 3 groups and bibbed appropriately (Red, Blue and Yellow in diagram).
- All players have a ball each and begin inside the area.



HOW TO PLAY

- Players dribble the ball around the area, using different parts of their feet.
- If coach calls a colour, for this example "Blue", the Blue team must stop and place their foot on the ball.
- Reds & Yellows dribble around a Blue player as quickly as they can.
- After 5 seconds, blues restart dribbling.

POSSIBLE PROGRESSIONS

1. Players are encouraged to use the inside of their feet only
2. Players perform keepy ups / ball manipulation movements whilst stood still
3. If coach calls "Blue", the other two teams stop dribbling, and Blue players have 30 seconds to dribble around as many players as possible

OUTCOMES

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

DRINKS BREAK DISCUSSION

- When dribbling, what can attackers do that makes it difficult to defend against?

SKILL GAME

SETUP

- Area of up to 35x18m. Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch, 1 team observing.
- Four gates set up around the area (made up with 2 flat cones)
- "Safety Zones" beyond the sidelines of the pitch.
- Spare footballs placed behind the goals.



HOW TO PLAY

- Practice begins from the GK.
- Red & Blue teams play 4v4 against each other.
- Teams are awarded 1pt for scoring a goal.
- Teams are awarded 3pts if the goal scored included dribbling through the gate as part of the build up play.
- Players are allowed to dribble to the safety zone if required. Players can not be tackled in the state zone and must pass / dribble back into the area within 5 seconds.
- 1 minute games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Teams are awarded 1pt for each gate dribbled through, regardless of whether it ends in a goal
2. Players are only allowed in the safety zone for 3 seconds

OUTCOMES

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

OBSERVATION DISCUSSION

- Which team is defending effectively in 1v1 situations? What are they doing well?