

ATTACKING AND DEFENDING SKILLS DRILLS

WHY USE IT

This is a series of 3 different 1v1 activities that offer the players continuous repetition of defensive and attacking techniques. Varying starting positions and ball delivery will change the attacking and defending options.

SET UP

1) - 20x10 yards rectangle with 2x2 yards cone goals placed on each long side. 2) - 20x20 yards square with a cone placed centrally on each side line and a 5x5 yards square in the center. 3) - 20x10 yards rectangle with 2x2 yards cone goals positioned in the corners at the opposite end to the players. Another cone is halfway along the sideline nearest the defenders.

HOW TO PLAY

1) The defender passes firmly along the ground to the attacker. On receipt of the pass, the attacker attempts to score in either of the side goals. If the defender wins possession, he/she should dribble over the opponent's end line. 2) 2 attackers with a ball each take it in turn to dribble at a defender in the center of the square. The attacker must penetrate the square in the center. If the defender wins, he/she can dribble to a cone for a point. 3) The defender sprints along the sideline and enters the area through a small corner goal. When the defender reaches a cone placed halfway along the sideline, the attacker can dribble and attempt to score in either goal. The defender can score by dribbling over the end line.

COACHING NOTES

- + Coaching objectives - With the focus on individual pressure defending: Approach the attacker at pace and at an angle to force the attacker in a particular direction. Slow down when 4-5 yards away, lower the center of gravity and position the feet so the body is side on. If an opportunity arises to perform a poke tackle take the chance to win the ball, or wait until the attacker makes a mistake.
- + Coaching tips - A common mistake of young defenders is approaching the attacker square-on and swinging at the ball. Teach them the correct side-on position and the poke and block tackle techniques.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Make the area smaller to give the defender less space to cover and make the play more compact. Change the players starting positions to provide an advantage to the defender.
- + More challenging: Add more attacking players as the defenders become more competent.

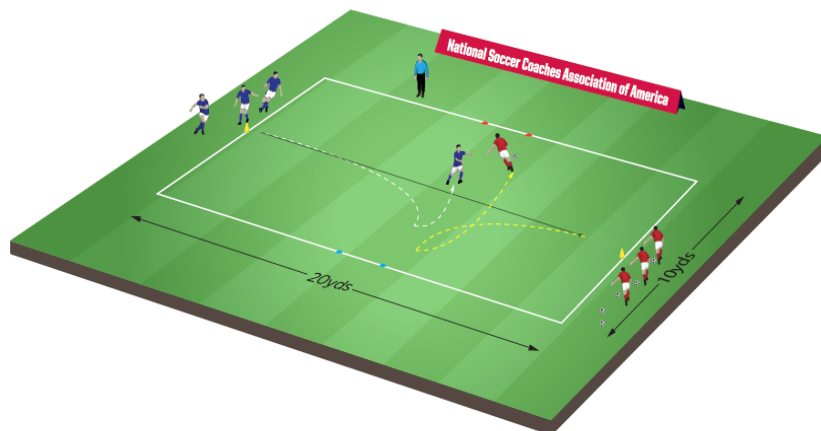
STAGES COVERED BY ACTIVITY

Stages 2, 3, 4 & 5 - 6-18 year old players

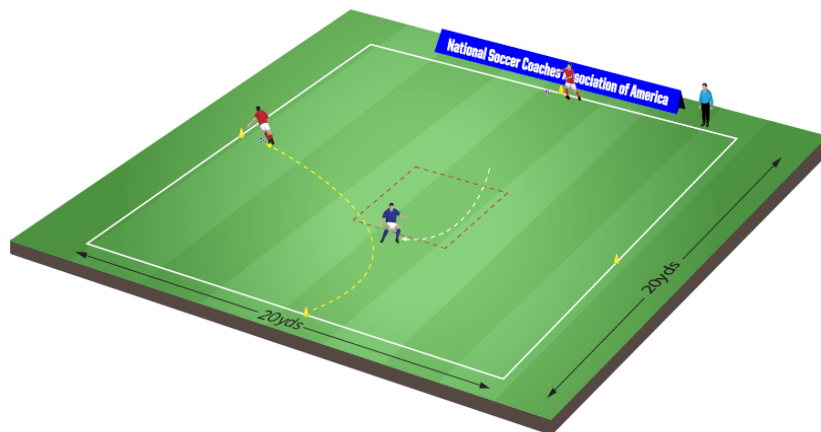
THEMES & COMPETENCIES

Top 3 themes: Attacking 1v1, defending 1v1 and dribbling.

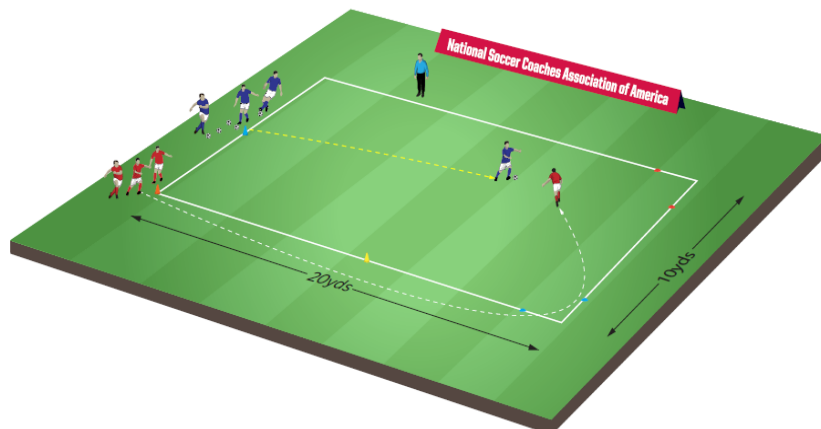
Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + The blue defender passes firmly to the red attacker and then closes down space quickly.
- + The defender should apply pressure in an effort to force a mistake by the attacker.
- + A curved approach run to force the attacker to their weaker side is a good strategy for young defenders.



- + Alternating, the red attackers dribble at the blue defender and beat him/her.
- + The defender must reset quickly between attacks, moving forward to confront the attacker.
- + The attacker can dribble to any cone for a point.



- + The red defender sprints along the sideline and enters the area through a corner goal.
- + As the red defender reaches a cone halfway along the sideline, the blue defender attacks on the dribble.
- + The red defender makes a curved run and starts to close down space to prevent the attacker scoring.