MINUTE TO WIN IT

STAGES COVERED BY ACTIVITY
Stages 2, 3 & 4- 6-14 year old players

THEMES & COMPETENCIES
Theme:
+ Dribbling and turns.
+ Attacking as an individual.
+ Defending as an individual.

Competencies:
+ Dribbling basics.
+ Turning basics.
+ Feints and dribble.
+ Beating an opponent.
+ Escaping an opponent.

WHY USE IT
This activity focuses on players' speed and angle of approach when defending.

SET UP
Create a 20x20 grid. Players are in lines of 3-4 players in the corners of the area. There is a 2 yard gate goal in each corner of the field.

HOW TO PLAY
The first person in first line plays a ball across the area on the diagonal to line 3 and then runs to defend. If the player from line 3 can dribble through the 'gate' defended by the player from line 1, he/she earns a point. If the defender from line 1 can win possession, he/she has 2 options - 1) attempt to play back to his/her team for a point or 2) play it through the gate of line 3 for 2 points. Once the game has finished, the first player from line 2 plays the ball across to line 4 for a similar game. Play for 2 minutes and then switch roles.
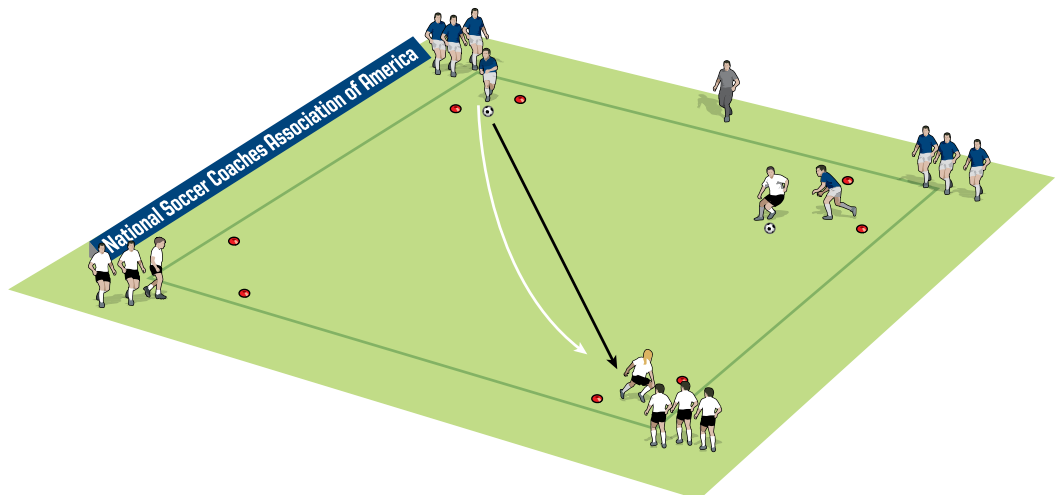
COACHING NOTES
+ Main coaching objectives – defenders angle of approach to force the attacker away from goal; defenders speed of approach
+ Coaching tips – create teaching moments and talk to players as they are waiting in line to allow for more repetitions
+ Adaptations – have more than one group play at the same time; or have a trigger word to stop play if players are static and not attacking the goal
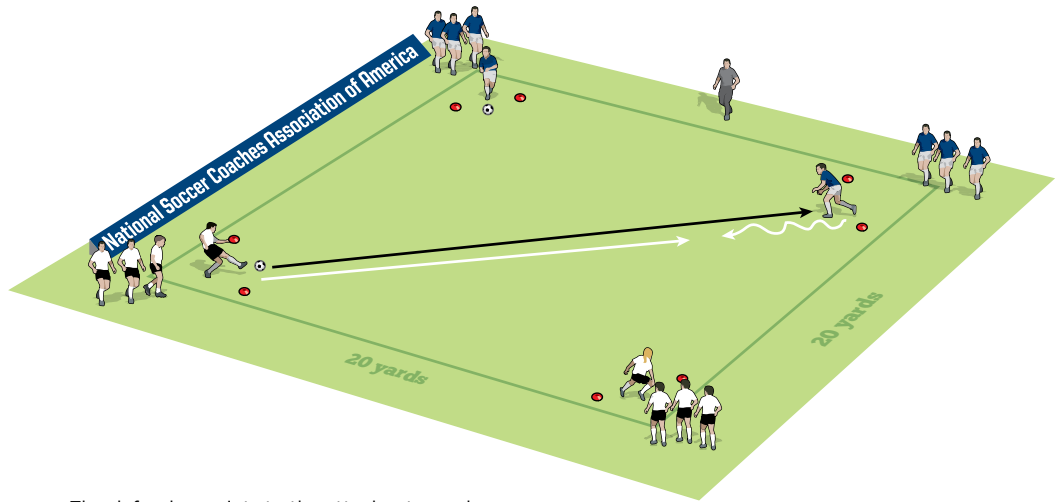
+ The defender sprints to the attacker to apply pressure.
+ Slow down and take smaller steps as the defender gets close to the attacker.
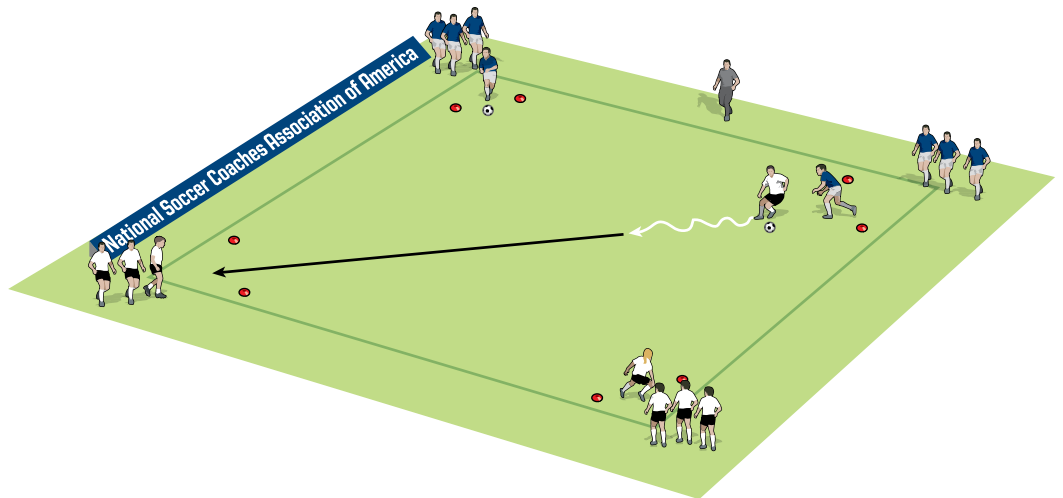
+ The defender needs to read when the ball comes off the attacker's foot, so that they can win it.
+ If the defender wins the ball, he/she should look to see if they can penetrate to goal or play back to a teammate.

+ As two players are working, a second group can start to play to keep the game active.

National Soccer Coaches Association of America

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