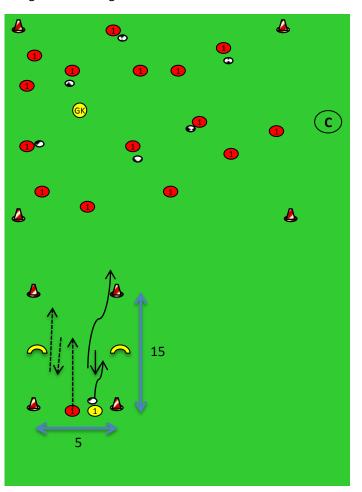
# Session objective: Improve players1v1 Defensive Skills

# Core Skill: 1v1 Defence -INTRODUCTION

#### Organisation Diagram:



## **Explanation:**

Organization (Animation)

- 20 players
- 10 balls
- Pass to player without ball and "CLOSE THE SPACE QUICKLY SHOWING OPPONENT DOWN THE LINE"
- Whilst closing space "SHOW OPPONENT ONE WAY AND GET LOW"
- 3. On player's first touch slow and Start
  "JOCKEYING BACK AT THE SAME SPEED
  AS OPPONENT"
- 4. Whilst Jockeying back "CAN YOU FEINT TO DISTURB THE OPPONENT"
- 5. "DISTURB THE BALL WITH LEADING FOOT"

# Concluding Competition:

Players in pairs.

1 ball between 2 players

5 x 15m channel

Player with ball feints to start.

Defender can not commence race until opponent commences dribble with ball

Can COD at yellow cones or accelerate to opposite end. First player over end or start line wins

Can COD as many times as you wish

Swap roles

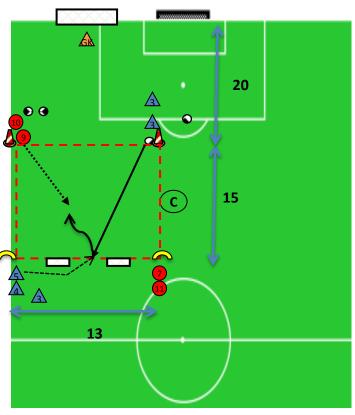
No Tackling

Defender needs to" anticipate" and "react" quickly

| INCLUDE AS OFTEN AS POSSIBLE: AND AVOID !                             |                         |
|---|-------------------------|
| Decision-making  Avoid: Too long waiting in lines                     | $\overline{\checkmark}$ |
| Options Avoid: Non-stimulating exercises                              | $\checkmark$            |
| Communication Avoid: Over complicated exercises                       | $\overline{\checkmark}$ |
| More then one action  Avoid: Intensity too high, or intensity too low | $\overline{\checkmark}$ |
| 'Added extras' in 'dead<br>time'                                      | V                       |

# Core Skill: 1v1 Defence - SKILL TRAINING

Organisation Diagram:



# Team Task:

Can you DISTURB the ball

#### Player Actions:

Close Down Space; Show Down the line (ie force opponent one way); Get Down low; JOCKEY back at same speed; Fein to DISTURB the Opponent, Disturb ball with LEADING foot.

#### Cues:

As the ball is travelling can you close down as much space as possible between you and your opponent

As you are closing the space can you force your opponent one way As opponent receives ball can you slow down and get down low ie surfboard stance

When opponent is dribbling forward can you JOCKEY back at the same speed Whilst jockeying backwards can you 'feint' to disturb the opponent

Once opponent is in your tackling range can you DISTURB the ball with your LEADING FOOT

If your opponent has his back to goal can your force him back. Don't let him turn

When opponent has his back to goal can you tackle when he has made a  $\frac{1}{2}$  turn

# Explanation:

# Organization

- 2 Grids identical as per diagram.
- 10 12 players per grid
- Red pass to Red = Blue Defend.
- Alternate each sequence.
- Change defenders and attackers after 7 minutes
- Ensure defenders & attackers defend & attack from different angles. Vary it.
- Attackers must dribble beyond grid and finish in Large Goal
- Defenders win ball they score in either of the small goals

## Hidden Learning

- Ball speed, ball quality and to team mates advantage
- Attackers attack with speed. Hurt the opposition

## Step Up:

- 2v2
- 2att v1 def

#### Step Down:

- 2 def v1att
- Make area smaller

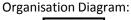
# **Skill Training**

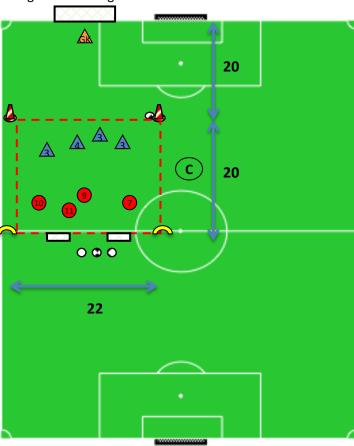
A game-related exercise that contains the main 'teaching and learning' related to the defined session objective

Challenges the players just beyond their capability

Puts the players in a range of changing situations with specific game resistances, requiring perception and decision-making, OFTEN ENOUGH TO AFFECT THEIR FUTURE GAME PERFORMANCE

# Core Skill: 1v1 Defence - TRAINING GAME





## Evaluation:

- Session Objective Achieved?:
- Next Steps?:
- Other Notes:

# Explanation:

# Organization:

- 4v4 6v6 players
- Blue team attack little goals
- Red team attack big goal
- Blue team no restrictions
- Red team can only pass backwards
- Red team can only score in big goal after dribbling the ball out of grid. 1 Defender can follow
- If blue team scores in little goal they then proceed to score in big goal (ie cant pass forward)

# Progression:

Free game no restrictions

#### Step Up:

Make field wider

# Step Down:

- Narrower field
- Reduce numbers in middle and include bouncers on outside of grid ie overload

## **Training Game**

A game conducted at the end of a training session

A game conducted at the end of a training session giving the players the opportunity to PLAY FOOTBALL while <u>applying the learning</u> from the first two session components

Designed to allow the coach to assess how much 'teaching and learning' has taken place, related to the defined session objective

# **SELF EVALUATION - SESSION**

**DATE:** 22/4/13

**TOPIC:** Improve players ability to defend in 1v1 situations

| ATTRIBUTE                               | EVALUATION/COMMENT   |
|---|--|
| Organisation & Structure                | Was ok. The SI was good. Good hidden learning (ie 1v1A) opportunities throughout session                   |
| Your Coaching Style                     | Was good tonight. I allowed players to try and solve problem themselves before giving them a DEMONSTRATION |
| Effectiveness & detail of communication | Very good as the SCRIPT was clear and well worded.   |
| Session Progression & outcomes          | The session progressed well and there was a common theme throughout with plenty of repetition              |
| Tasks, cues & game constraints          | Team Task set was very effective. Some players   |
| Effectiveness of session                | Happy with outcome.  |
| What players learned                    | Close space and Jockey at the correct moment   |
| what would you do<br>differently        | Too taxing. Reduce session length or increase Rest ratio   |