**Topic: Individual Defending**

**Objective: To teach players when and how to pressure the ball**

|  |  |  |  |  |  |  |  |
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| **Technical Warm up** | **Organization** |  | **Coaching Pts.** | | |  |  |
|  | **Defend the Cone Warm-Up:** | st |  |  |  |  |  |
|  |  1 | defender should bend their | | | |  |
|  |  |  |
|  | Two players at cones 10 yards apart | run to block direct path to the | | | | |  |
|  |  |  |
|  | facing one another with a ball. The | goal (cone) | |  |  |  |  |
|  |  |  |  |  |  |
|  | player with the ball passes the ball to his | st |  |  |  |  |  |
|  |  1 | defender | shall | force | the |  |
|  | opponent who tries to hit the cone |  |
|  | opponent in the direction they | | | | |  |
|  |  |  |
|  | where the ball was served from. The | want them to go | | |  |  |  |
|  |  |  |  |  |
|  | passing player defends his cone. |  Defensive | | stance-on | | their |  |
|  | **Version 2:** Player starts at same cone |  |
|  | toes, knees | | bent, | one | foot |  |
|  | and defender starts by passing through |  |
|  | forward, one foot back | | | |  |  |
|  | attackers legs who turns and tries to |  |  |
|  |  Technique of block and poke | | | | |  |
|  | score on goal (cone) |  |
|  | tackle | |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  | **Time: *15 minutes*** | | | |  |
| **Small Sided Game** | **Organization** |  | **Coaching Pts.** | | |  |  |
|  | **1v1 to Line (10 min):** |  Important to delay progress of | | | | |  |
|  | In a grid 12x12 yards a player passes | the | opponent | by jockeying the | | |  |
|  | the ball diagonally across the grid to his | attacker with the ball | | |  |  |  |
|  |  |  |  |  |
|  | opponent who then attacks the line on |  |  | st |  |  |  |
|  |  Read attackers 1 | | | touch | and |  |
|  |  |  |
|  | the opposite side. The player scores by | make decision to tackle or delay | | | | |  |
|  | dribbling across the line under control. |  |
|  |  Block Tackle | |  |  |  |  |
|  | The 1st defender defends the line and |  |  |  |  |
|  |  Poke Tackle | |  |  |  |  |
|  | tries to dispossess the attacker. If the 1st |  |  |  |  |
|  | defender gains possession of the ball he |  |  |  |  |  |  |
|  | immediately attacks the opposite goal |  |  |  |  |  |  |
|  | line. |  | **Time: *15 minutes*** | | | |  |
|  |  |  |  |
| **Exp. Small Sided Game** | **Organization** |  | **Coaching Pts.** | | |  |  |
|  | **3v3 to Two Small Goals (10 min)** |  Immediate pressure from behind | | | | |  |
|  | Two teams compete in 3v3 exercise in a |  Patience; do not over commit | | | | |  |
|  |  |  |
|  | defined space. Teams score by dribbling |  Close down quickly and | | | |  |  |
|  |  |  |  |
|  | or passing through the small goals. | under control | | |  |  |  |
|  |  |  |  |  |
|  | **Scoring:** |  Block Tackle | | |  |  |  |
|  |  |  |  |  |
|  |  1 point for passing goal |  Poke Tackle | |  |  |  |  |
|  |  3 points for dribbling goal |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  | **Time: *20 minutes*** | | | |  |
| **Game** | **Organization** |  | **Coaching Pts.** | | |  |  |
| 3v3 or 4v4 | 3v3 in your area or 4v4 against the team |  All of the above | | |  |  |  |
| Next to you |  |  | **Time: *30 minutes*** | | |  |
|  |  |  |  |
|  |  |  | | | | |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **–** **Time 10 min.** | | | | | |  |

