

St. Mary's Youth Soccer Training Series

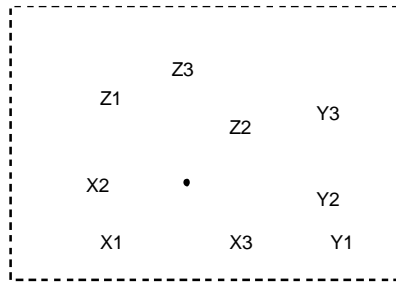
Topic: 1v1 Defending
Age/Level: ALL
Type:

→ Run Pass ●.....▲ Dribble



NOTES : This session is designed to progress the players understanding on 1v1 defending. Gradually the player will learn how to be patient, smart and solid as a defender.

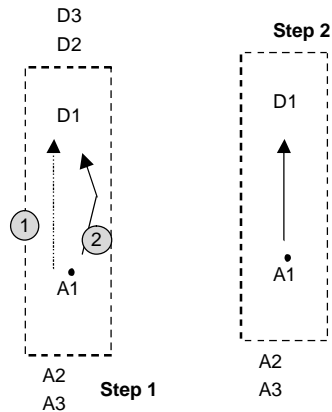
Progression: 1 (Warm-up)
 Exercise: Possession 2
 Time: 10 Minutes



Using a 20x30 grid arrange your players so that they are in three teams. Then play a simple game of possession. Make sure that you stop the session every five minutes in order to complete stretching exercises.

IMPORTANT – make sure the passes are crisp and that every one is working off the ball. Remember this is a warm-up therefore do not kill them in the first couple of minutes, gradually progress them into game pace.

Progression: 2
 Exercise: 1v1 defending
 Time: 20 Minutes

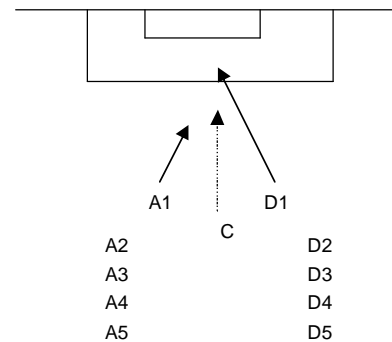


STEP 1 - Split a 20x20 grid into 4 columns (5x20) and split the team into four groups. Once these teams are established split the group in half and place on either end of the grid. The ball will start at a designated end, once a player has passed the ball across the grid he becomes the defender and the player with the ball becomes the attacker. This will continue until a good level of quality defending has been reached. 10 minutes

STEP 2 - On five minute intervals, the lone defender must try and defend the attacker. As soon as the play has broken down, the next attacker should go. After five minutes the defender will change and another player will become that defender. Do this until a full cycle has occurred.

IMPORTANT – Defenders must use appropriate defending methods (no diving in, patience etc) and keep focused for the full time playing. As soon as they pass the ball, the defenders must close down on an angle to avoid being beat.

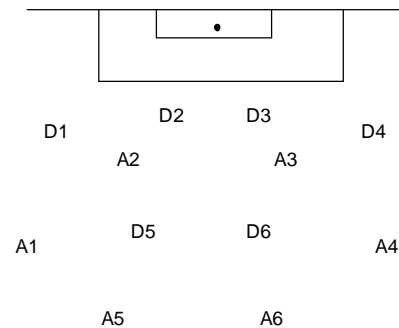
Progression: 3
 Exercise: Recovering drill
 Time: 15 Minutes



While only using one half of the field, split the team in half and have them line up in two groups (defenders and attackers, 35 yards from goal) facing the goal. One player from each team will walk towards the coach (who is 5 yards away) and sits down beside him. The coach will have all of the balls and decides when the play begins. As soon as this happens the coach will throw the ball between them and the 1v1 begins. The play is done when the defender strips the attacker from the ball, or the attacker scores a goal.

IMPORTANT – make sure the defenders are making the appropriate recovery runs, and are concentrated on their defending skills.

Progression: 4
 Exercise: 6v6
 Time: 25 Minutes



Using one half of the field play 6v6 attackers against the defenders. The purpose of this drill is to apply the 1v1 techniques they have learned to a game like situation. The attackers have to try and score, while the defenders have to clear the ball over the half way line.

IMPORTANT – Organization, and communication