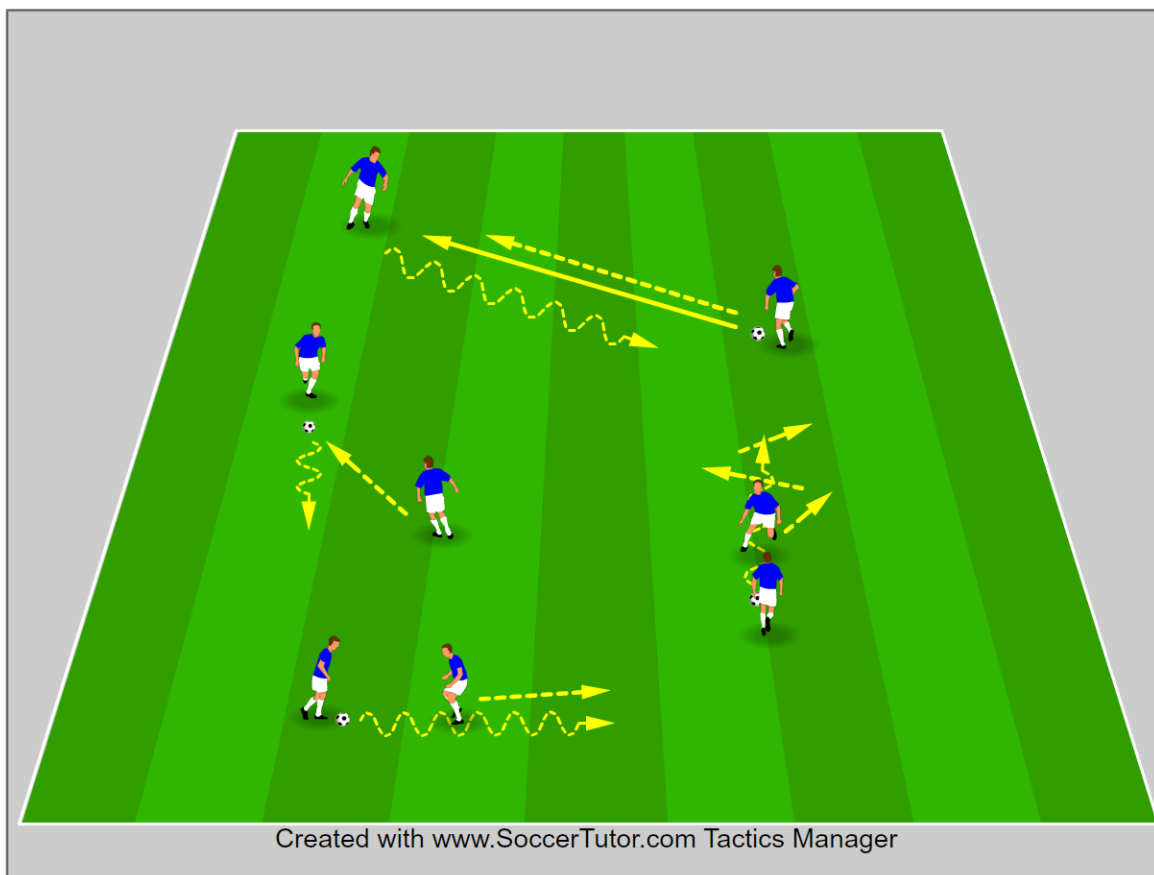


1v1, 2v2 Defending Warm-Up



Date:	1/Apr/2014	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	15	Level/Age Group:	U8 - U14

Description: Each player has a partner in which they start passing and moving around the grid with. After a couple of passes the player that plays the ball in will follow his pass and become a passive defender against the attacker. The attacker will dribble at the defender and move them side to side so they get used to the movement of delaying the attacker. After a couple of yards they will go back to passing and moving.

Objective:

- To warm the players up to prepare for the demands of training
- To get the players comfortable with closing down and delaying an attacker

Coaching Points:

- Approach at an angle
- Athletic stance (knees bent with body weight over balls of your feet)
- Force one direction
- Arms length away
- Open hips when moving side to side

Progression: -Progress into 2v2 with a supporting defender.