

1v1 / 2v2 Defending - VLSC Mini Camp

Date : 15/Aug/2014

Duration : 1:30 hour

Time : N/A

Age/Level : U8 - U14

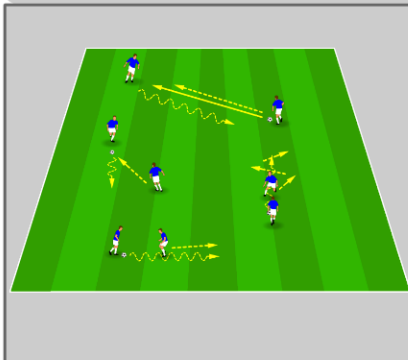
Session

Increase players ability to defend

Objective:

properly

1v1, 2v2 Defending Warm-Up



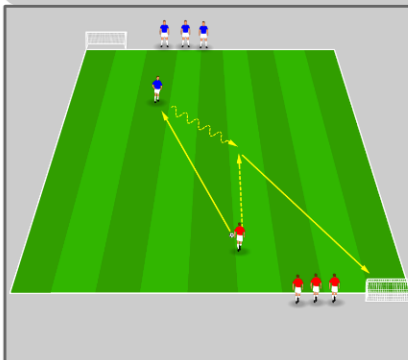
Description :

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.

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

1v1 To Goal



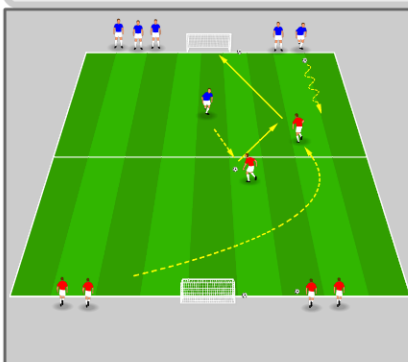
Description :

Players are split into 2 teams each defending a goal. One player from each team will step onto the field, one with a ball and one without. The player with the ball will play it to the other player and then go defend. The player that receives the ball will attempt to dribble by the defender and score in the goal.

Coaching Points :

- Force the attacker away from goal.
- Wait for a poor touch
- Body between attacker and ball
- Open hips to run and run
- Be patient and wait for a mistake

2v1 Quick Transition to Goal - Defending



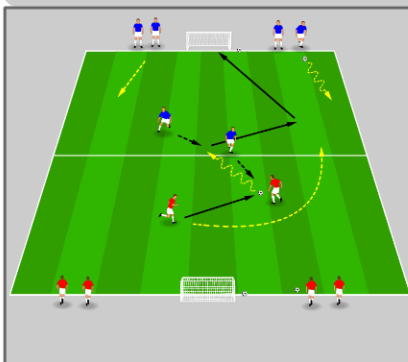
Description :

Play 2v1 inside the grid to the small goals. The Red team attacks the blue team 2v1 to goal. If the red team scores the farthest defender from the goal stays to defend while the other steps off the field. Two new blue attackers step on the field and then attack 2v1 to goal. If the defending player wins the ball he is joined by another teammate and the attacker that gave the ball away now becomes the defender. Creating a 2v1 situation.

Coaching Points :

- Quick transition form attack to defense
- Quickly slow down the attack and make the play predictable.
- Push attacker away from support.
- Be patient and wait for a mistake.

2v2 Quick Transition to Goal



Description :

Play 2v2 inside the grid to the small goals. If a team gets scored on they step off and two new team members step on with the ball. They look to get a quick attack on the team that just scored. As a team scores they must quickly transition to stop the quick attack. The scoring team stays on the field and plays 2v2 until they get scored on. If the ball goes out of bounds, the ball restarts from a teammate on their end line. Players only switch after their group gets scored on.

Coaching Points :

- Closest defender quickly closes down the ball to make it predictable.
- Push attacker towards your support/towards the sideline.
- Communication between first and second defender (Ball and direction).
- Don't dive in, wait for a mistake.
- How quickly can we win the ball back