

Defending 1v1 Session Plan



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Soccer warm up for finishing

Defending 1v1 Warm up

Set up:

- Create a 15x20 yard area
- 1 soccer ball per pair

Instructions:

Divide your players into pairs standing opposite each other on the 20 yard line, in each pair there will be an attacker and a defender.

The defender will start with the ball and pass it to the attacker, the defender will apply shadow pressure to allow them to focus on their body position while jockey backwards.

Attacker should be changing direction as often as possible to work the defender.

Once the attacker gets to the line that the defender started on the two players will swap roles.

Progression:

The defender will now be able to win the ball back, if the defender wins the ball back and dribbles past the line where the attacker started they get 3 points and if the ball goes out of bounds they get 1 point.

If the attacker dribbles past the line where the defender starts they will get 1 point.

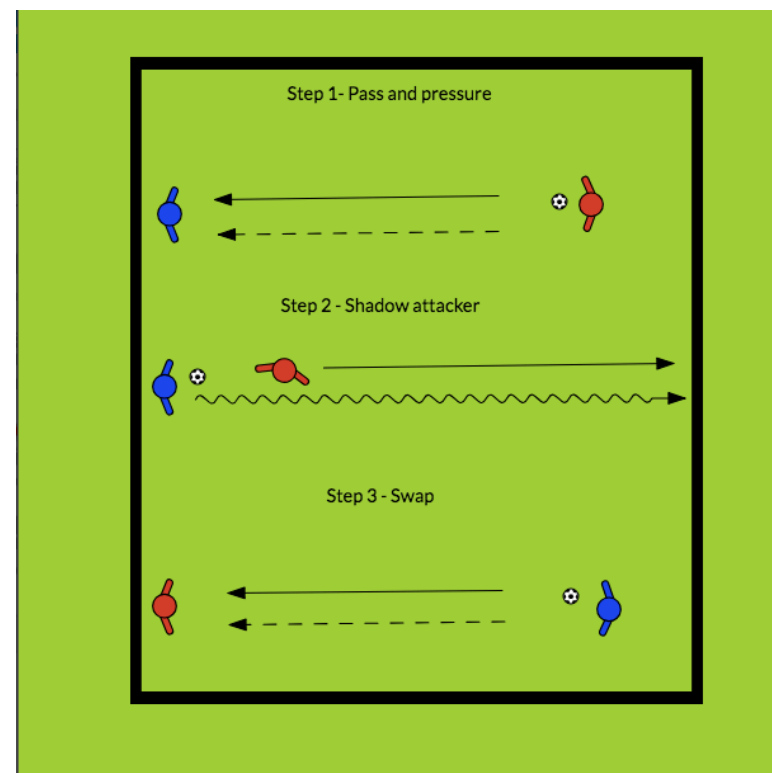
Coaching points:

- Side on stance, knees slightly bent (easy to adjust body shape if the attacker changes direction)
- Pressure quick but slow down when you get to the attacker

- Try and keep a yard distance between yourself and the attacker (Get too close and the attacker will be able to get past you easy. Too far away and you give the attacker too much space)
- Your body should be facing the direction you want to show the attacker

Questions to ask that can lead to coaching points:

- What position can we get into so we can easily adjust to the direction change of the attacker?
- How far away should I be from the attacker?
- What should my body be facing?



Defending 1v1 Technical activity

Set up:

- 15x20 yard area
- 3 goals
- 1 team of attackers 1 team of defenders

Instructions:

Place 2 goals in the corners of the area on in the middle on the opposite side.

The defenders will line up next to the goal in the middle and start with the soccer balls with the attackers lining up on the opposite side.

The defenders will pass the soccer ball to the attacker and begin to pressure, the attacker must try and score in the single goal and if they do they will get 1 point.

If the defenders win the ball and are able to score in either of the 2 goals they will get 3 points and if they steal the soccer and it goes out of bands they get 1 point.

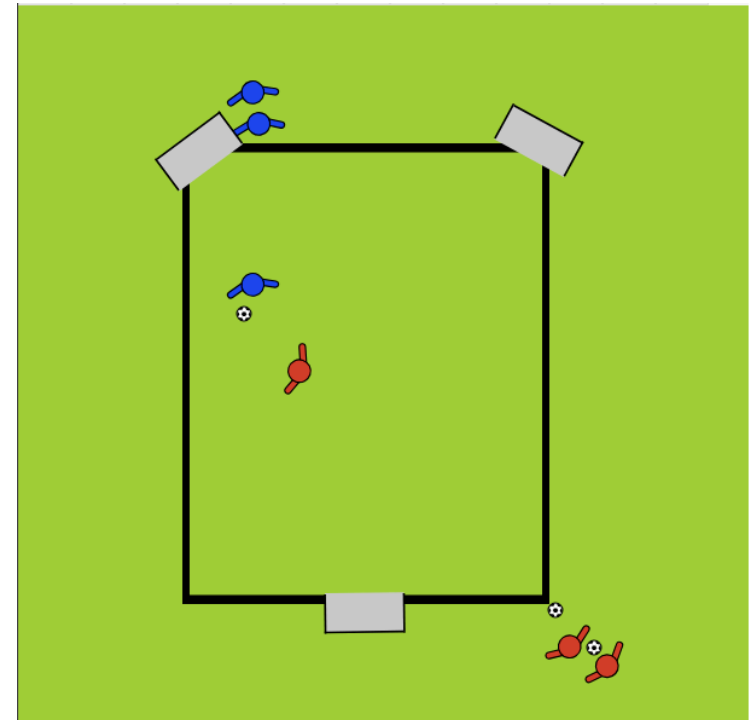
Swap over defenders and attackers, also change the starting positions to opposite sides so the players practice defending on both sides.

Coaching points:

- Show the attackers away from goal
- Stand a little bit to the side of the attacker to control where they go. (to the left if you want the attacking going to the right. To the right if you want the player going to the left)
- Don't commit yourself fully to win the ball, stand the attacker up and wait for them to make a mistake, then step in to try and win the ball.

Questions to ask that can lead to coaching points:

- What should out body position look like to show attackers away from goal?
- How can we control where the attacker goes?
- what happens if I divide in?



Defending Conditioned Game

Set up:

- 15x20 yard area
- 2 goals
- 2 teams

Instructions:

This will now be a small sided game either a 2v2 or a 3v3. normal rules of soccer will apply however if the defending team can successfully steal the ball and score a goal in that phase of play the goal will be worth 3 goals instead of 1.

Coaching points:

- Show the attackers away from goal
- Try working together to contain the attackers

Questions to ask that can lead to coaching points:

- Where should we showing the attackers?
- How can we control where the attackers go?

