



## **Defending (2v2)**

Appropriate for players ages 7-11

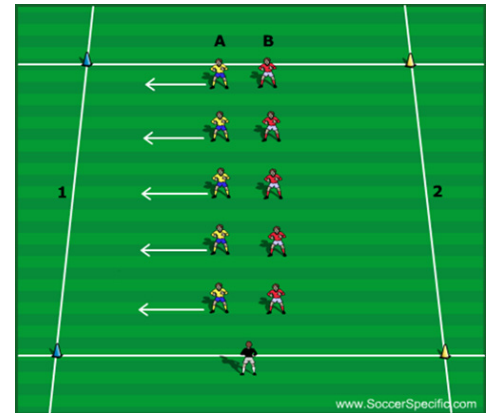
**Session Aims:** To introduce techniques used to defend an attacking play and to demonstrate agility, strength & balance to successfully tackle / intercept the ball.

### **Warm Up: Quickness & Reaction**

On coach's command, players A & B sprint to the specified line (1 or 2). The players furthest from line (defenders) attempt to tag their partner (attackers). Coach uses verbal, visual and kinaesthetic cues.

#### *Progression (s):*

1. Vary start positions (e.g. sitting down, lying on front, knees up).
2. Introduce the use of a soccer ball.
3. Players perform the opposite from coaches command.

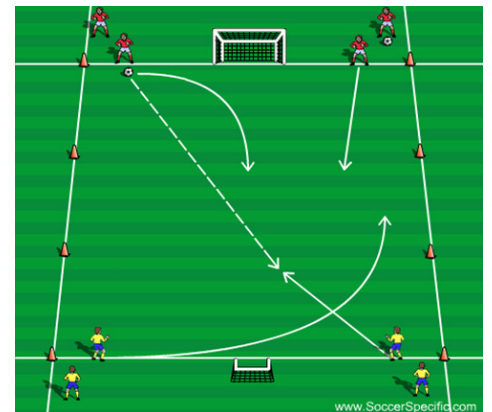


### **Fundamental/Individual: Defending (2v2)**

Defenders pass the ball to either attacker to create a 2v2 scenario. The attackers attempt to dribble past the defenders and score into the opposition goal. If the defenders win possession they attempt to score into the opposite goal.

#### *Progression (s):*

1. Defender has set time limit to win the ball (e.g. 5 secs).
2. Attackers can score in middle third.
3. A defender acts as a recovery player starting on attacking side.



### **Game Related: Developmental Fours - Four Goal (Across)**

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. Two basic 4v4 games are played across the width and length of the defined area. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

#### *Principle Focus:*

Movement (with and without ball) and game awareness.



### **Game Condition (Small-sided/Conditioned)**

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.