

Active for Life: GAG Activity

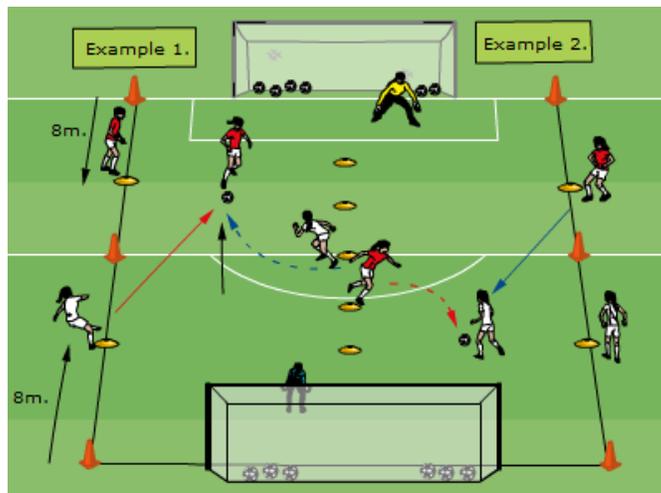
Technical/Tactical:

1v1 Defending #2

20-30 minutes

Organization:

- From one goal, set up an area 32m x 20m as shown, and divide it down the middle with flat markers.
- Divide players into two groups of four plus one Goalkeeper (two defenders and two attackers).
- 1v1 dual takes place on either side of the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



Coaching Points:

- Take away the shot and close down quickly.
- If forward has a poor touch try and win the ball.
- If forward has a good touch jockey/contain her.
- Watch the ball not the forwards feet/body.
- Try to steer the forward to the outside but protect against a possible shot.
- Be aggressive but be patient.

Description:

1. As with the previous exercise but the server is the second defender from the 8m Marker, and defender is positioned at the central markers and at the halfway line, closer to the Attacker. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender attempts to win the ball and score in the Red player's goal. The Red player must try and score in the White player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side. **Note:** the same action is being repeated on the other side of the markers but in the opposite direction and players are having to work predominantly with the other foot (ie; in example 1, Red attacker attacks on right side and defends on right side. In example 2, Red defender defends on left side and attacks on left side.
2. Once the cycle is completed repeat this process with the ball being played in from the opposite end. The roles will be reversed.
3. Have groups switch sides and repeat the process.
4. As with the previous exercise but the defender is positioned progressively closer to the Attacker. It is even more critical to get across to take away the shot as the ball is traveling.

Note: *This is a demanding exercise for the players working so please allow recovery time between each attack.*

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