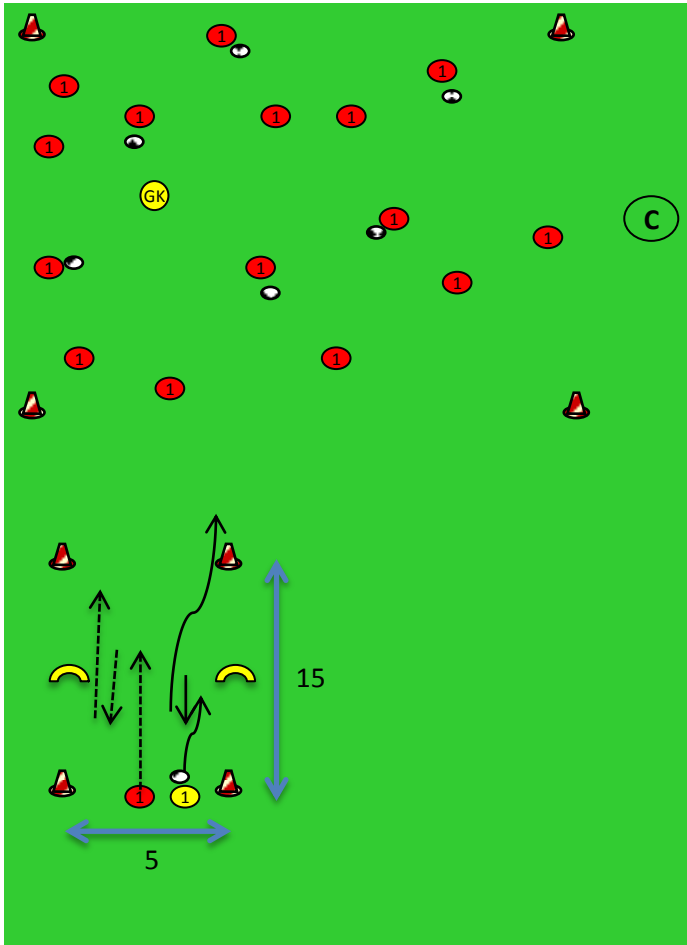


Core Skill: 1v1 Defence –INTRODUCTION

Organisation Diagram:



Explanation:

Organization (Animation)

- 20 players
 - 10 balls
1. Pass to player without ball and “CLOSE THE SPACE QUICKLY SHOWING OPPONENT DOWN THE LINE”
 2. Whilst closing space “SHOW OPPONENT ONE WAY AND GET LOW”
 3. On player’s first touch slow and Start “JOCKEYING BACK AT THE SAME SPEED AS OPPONENT”
 4. Whilst Jockeying back “CAN YOU FEINT TO DISTURB THE OPPONENT”
 5. “DISTURB THE BALL WITH LEADING FOOT”

Concluding Competition:

Players in pairs.

1 ball between 2 players

5 x 15m channel

Player with ball feints to start.

Defender can not commence race until opponent commences dribble with ball

Can COD at yellow cones or accelerate to opposite end. First player over end or start line wins

Can COD as many times as you wish

Swap roles

No Tackling

Defender needs to” anticipate” and “react” quickly

INCLUDE AS OFTEN AS POSSIBLE:

AND AVOID !

Decision-making

Avoid: Too long waiting in lines



Options

Avoid: Non-stimulating exercises



Communication

Avoid: Over complicated exercises



More then one action

Avoid: Intensity too high, or intensity too low

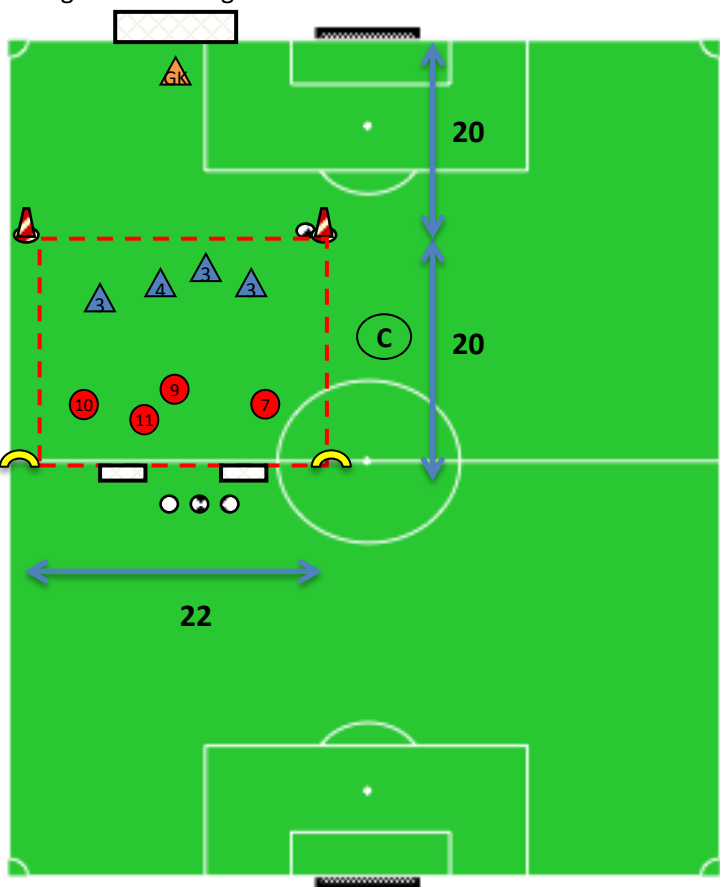


‘Added extras’ in ‘dead time’



Core Skill: 1v1 Defence – TRAINING GAME

Organisation Diagram:



Explanation:

Organization:

- 4v4 – 6v6 players
- Blue team attack little goals
- Red team attack big goal
- Blue team no restrictions
- Red team can only pass backwards
- Red team can only score in big goal after dribbling the ball out of grid. 1 Defender can follow
- If blue team scores in little goal they then proceed to score in big goal (ie cant pass forward)

Progression:

- Free game no restrictions

Step Up:

- Make field wider

Step Down:

- Narrower field
- Reduce numbers in middle and include bouncers on outside of grid ie overload

Evaluation:

- Session Objective Achieved?:
- Next Steps?:
- Other Notes:

Training Game

A game conducted at the end of a training session

A game conducted at the end of a training session giving the players the opportunity to PLAY FOOTBALL while applying the learning from the first two session components

Designed to allow the coach to assess how much 'teaching and learning' has taken place, related to the defined session objective

SELF EVALUATION - SESSION

DATE: 22/4/13

TOPIC: Improve players ability to defend in 1v1 situations

ATTRIBUTE	EVALUATION/COMMENT
<i>Organisation & Structure</i>	Was ok. The SI was good. Good hidden learning (ie 1v1A) opportunities throughout session
<i>Your Coaching Style</i>	Was good tonight. I allowed players to try and solve problem themselves before giving them a DEMONSTRATION
<i>Effectiveness & detail of communication</i>	Very good as the SCRIPT was clear and well worded.
<i>Session Progression & outcomes</i>	The session progressed well and there was a common theme throughout with plenty of repetition
<i>Tasks, cues & game constraints</i>	Team Task set was very effective. Some players
<i>Effectiveness of session</i>	Happy with outcome.
<i>What players learned</i>	Close space and Jockey at the correct moment
<i>what would you do differently</i>	Too taxing. Reduce session length or increase Rest ratio