

Attacking & Defending

One versus one each player attacking and defending 2 goals:

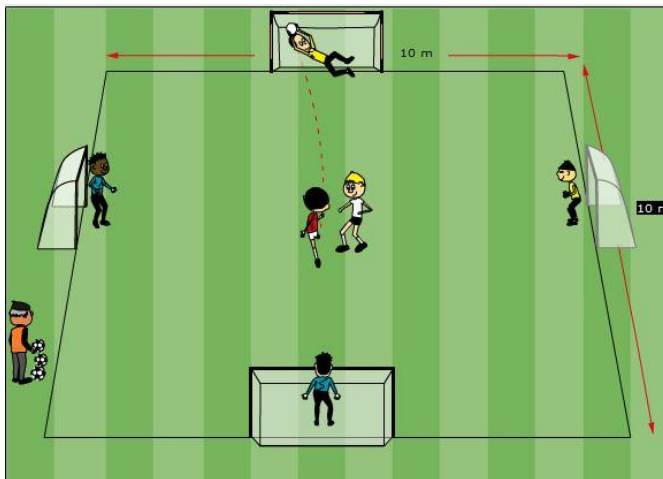
Skill Work:

1v1 Attacking & Defending 2 goals

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Goals each
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score on the open net. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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