



Club Victory Session of the Month - April: Pre-Academy | 1v1 Defensive Principles

Category: Tactical: Defensive principles
Skill: U10

Pro-Club: Melbourne Victory Football Club
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Play 1 - 3v3 Server SSG (15 mins)

Objectives / Outcomes

- Players to experience and repeat effective football actions:
- BP: Passing, Receiving, Dribbling, Movement off the Ball,
- BPO: Pressure, 1v1, Tackling, Covering, Tracking
- Other: Awareness, Communication, C.O.Ds
- Players to Play and Compete without interference from the coach
- Players to play previous weeks Play (2) SSG to add learning consolidation

Set Up

- 3 vs 3 (ideally), or include a Joker/Neutral player
- 20m x 15m area with two small goals at each end – As shown
- Third lines marked out

How to Play

- Free play and no offsides
- Teams attempt to score in one of the two small goals from within the attacking third.
- Subs /servers to play ball into own team (deepest player in def third) whenever a ball is out of play (corners, throw ins)
- Once a goal is scored, both teams make an exchange with their sub/server. Sub/Server of team who scores, serves into own team before joining the game.
- 3 games of 4 mins. Keep score. Change teams around each game.

Possible Conditions / Constraints?

- If uneven numbers, consider a Joker/Neutral Player to play for:
- The team in possession or for the team out of possession
- To play inside the area or along a sideline
- Play on free play or on restricted touches?
- Set players up to “man mark” and can only tackle direct opponent – this will promote more 1v1 match ups
- Teams must score with X passes or X time – this will promote more attacking intent, dribbling, quicker passing.
- Teams can only score 1 touch / first time finish.



Coach 1 - 1v1 Defending Principles (15 mins)

Objectives / Outcomes

- Players to develop correct technique & effective habits when facing a 1v1 defensive situation or duel.

Set Up

- Players to work within 15m x 15m area, with 2m gates created in each corner – as shown
- Players to be split into two teams, starting at opposite sides - as shown

How to Play

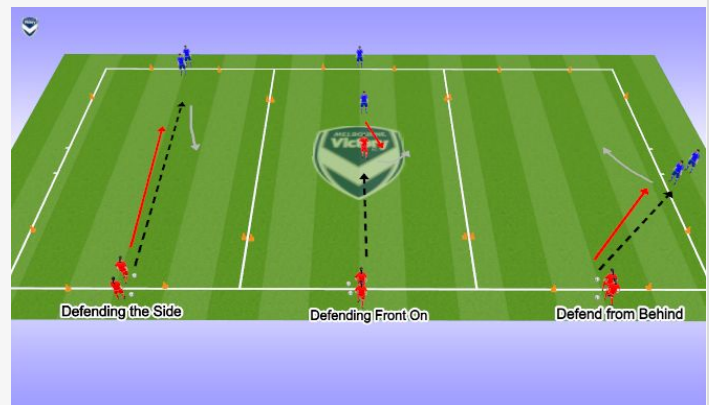
- Player to pass into an opposite team/player to create a 1v1. Attacking player attempts to dribble through one of two gates behind the defender.
- Defender (once played pass) to attempt attacker from dribbling through the gate(s).
- Once attack has ended, players to leave area and next ball is played from the opposite colour into opposite link.
- Change the 1v1 situation / starting point every 5 mins.

Detail Reminders:

- Can the defending close the distance to the attacker quickly but controlled.
- Can the defender cut one direction to make situation more predictable
- When close (timing) can the defender make a challenge at the ball.
- How can the defender use his/her body to help achieve outcome?
- Preference is for the defender to 1) regain the ball and attack, 2) disrupt the attacker, 3) knock the ball out of play then 4) prevent the attacker from scoring (foul)

Progressions:

- Players to swap lines (attack then defend) as required
- Players can score by passing through a gate within 2m away
- If defender regains possession, allow for a transition to occur (can you regain the ball and then go and score yourself?)
- Change situation: 1) pass forward and defend 1v1, 2) Pass sideways and defend, 3) pass into a player who has pressure directly from behind.



Coach 2 - 1v1 Defending Principles (15 mins)

Objectives / Outcomes

- Players to develop correct technique & effective habits when facing a 1v1 defensive situation or duel.

Set Up

- Same set up as Coach (1)
- Players to be split into two teams, starting at opposite sides - as shown

How to Play

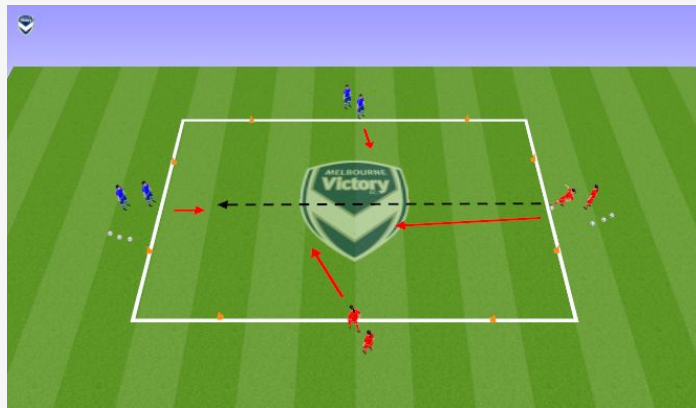
- As per Coach (1), but now creating a 2v2 situation.
- Player passes in and then defends, whilst teammate of both passer and receiver join in to create a 2v2 situation.
- Change the 2v2 situation / starting point every 5 mins.

Detail Reminders:

- Can the 1st defender close the distance to the attacker quickly, but controlled.
- Can the 1st defender cut one direction to make situation more predictable for their teammate.
- When close (timing) can the 1st defender make a challenge at the ball.
- How can the 1st defender use his/her body to help achieve outcome?
- How can the 2nd defender support the 1st defender to avoid being scored against?
- Can you communicate to your teammate to assist in regaining the ball?
- Preference is for the defender to 1) regain the ball and attack, 2) disrupt the attacker, to allow teammate to regain the ball, 3) knock the ball out of play then 4) prevent the attacker from scoring (foul)

Progressions:

- Players to swap lines (attack then defend) as required
- Players can score by passing through a gate within 2m away
- If defender regains possession, allow for a transition to occur (can you regain the ball and then go and score yourself?)
- Change situation: 1) pass forward and defend 2v2, 2) Pass sideways and defend – as shown, 3) pass into a player who has pressure directly from behind.



Play 2 - Overload + Exchange Box Game (15 mins)

Set Up

- 2v2 (ideally) or 3v3 plus 2 Neutrals/Coaches/GKs
- 20m x 15m area with 2 goals at each end – As shown
- Start with 2v2 +2 and build up to 3v3+2. Once you get to 4v4+2 numbers, then the game become 2v2 and exchange each time the ball is out.

How to Play

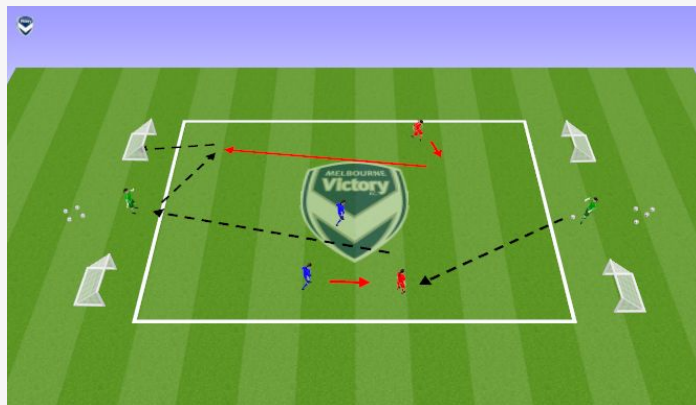
- Teams combine to try and score a goal into one of the two small goals
- Teams can use the two neutrals to effectively play a 4v2 (+2 overload).
- Neutrals can play to each other.
- If a team scores, they restart from their own neutral player.
- Everytime the ball goes out of play, players exit the area and exchange with 4 new players (2v2) come in and play. - This allows for constant high energy and intensity, whilst allowing players some rest time to recovery.
- First team to 10 goals wins. Neutrals always remain in place (don't exchange)

Possible Conditions / Constraints?

- If uneven numbers, consider a Joker/Neutral Player to play for:
- To play inside the area or along a sideline
- Play on free play or on restricted touches?
- Neutrals / Coaches / GKs can:
- Only play on 1 touch? 2 touch?
- Cannot play to each other?
- Teams must score after a combination? After a 1v1? After using a N?
- Teams must score from over halfway? Within the final 5m?

Advice:

- Set certain constraints that will support bringing alive the technical actions from the "Coach 1" and "Coach 2" exercises.
- Don't be afraid to add or remove constraints to ensure players can successful experience the weekly topic



Coaching Practice Review and Reflection

Session Evaluation:

Coach Reflection: