



## U9U10 Week 4 2v1 Defending

Category: Technical: Attacking skills  
Difficulty: Moderate

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### 2V1 Defend (10 mins)

#### Set Up

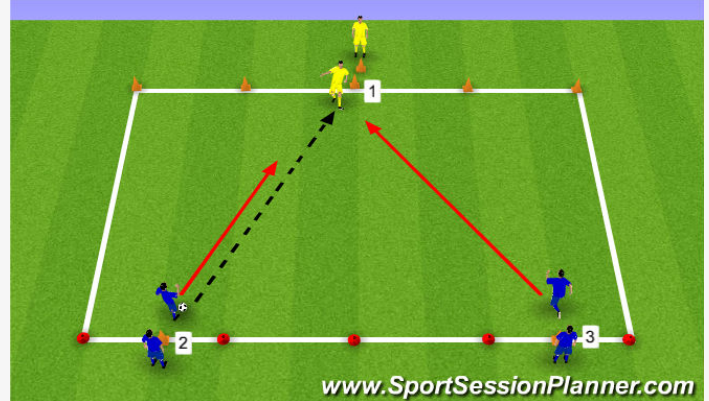
In an area roughly 20x20 Player are split into 3 lines. 2 lines on one end of the grid, 1 line on the opposite end.

#### Implementation

Player 2 starts with the ball and passes to player 1, once player 1 has the ball they become the attacker and try to get the ball across the line of red cones. Players 2 and 3 work together to get the ball from player 1 and get the ball across the line of orange cones. Player 3 closes down as soon as player 2 plays the pass.

#### Coaching points

Player 3 (1st Defender) Close down the player quickly, Slow down as you arrive at the ball and get into a side on position. Force the attacker to slow down and make a mistake. Step in and win the ball.  
Player 2 (2nd Defender) supports the first defender at a 45 degree angle close enough to step in should player 3 get beaten.



### 2V1 Defend 2 (15 mins)

#### Set Up

Same set up as before but this time player 1 has been moved onto the side of the grid, and player 4 has been added as a server.

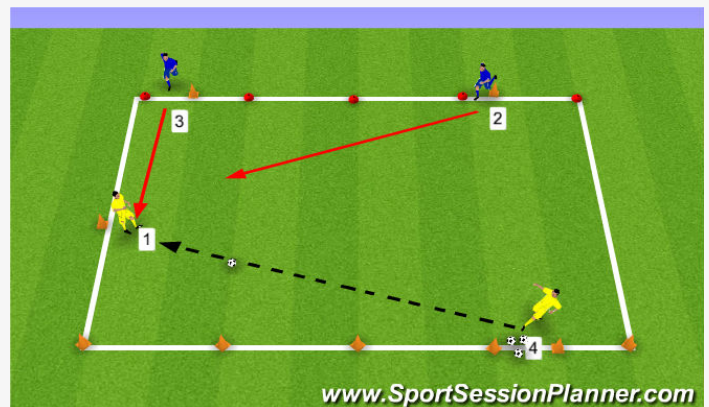
#### Implementation

Player 4 starts with the ball and passes to player 1, as soon as player 4 passes players 2 and 3 become the defenders and run to put pressure on player 1. When player 1 has received the ball, they try to get the ball past the line of red cones. Player 2 and 3 work as a pair to win the ball from player 1 and then play over the line of orange cones.

Progress the session by moving the defenders starting position closer to player 2.

#### Coaching points

Player 3 (1st Defender) Close down the player quickly, Slow down as you arrive at the ball and get into a side on position. Get close enough to the attacker to stop them from turning, force them backwards.  
Force the attacker to slow down and make a mistake. Step in and win the ball.  
Player 2 (2nd Defender) supports the first defender at a 45 degree angle close enough to step in should player 3 get beaten.



### 2V2 Corner Goals (15 mins)

#### Set Up

Field is set up roughly 30Lx20W with a goal in each corner. Players are split into two teams and will be lined up on either end of the grid. (Lines of no more than 3)  
The Coach has all of the soccer balls.

#### Implementation

When the Coach serves a ball into the playing area the first players in line race onto the field to get to the ball. Once a player has the ball they and their teammate look to score. If the players don't have the ball they are to try and steal it, and score themselves.

#### Coaching Points

If under pressure pass to your teammate  
If not under pressure look to dribble.  
If you have momentum can you beat the defender.  
If you have a shot "SHOOT"  
Play away from the pressure.

