



# PEI SOCCER - 1v1 DEFENDING

**Category:** Technical: Defensive skills  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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## Warm up

### Dynamic warm up

10 mins

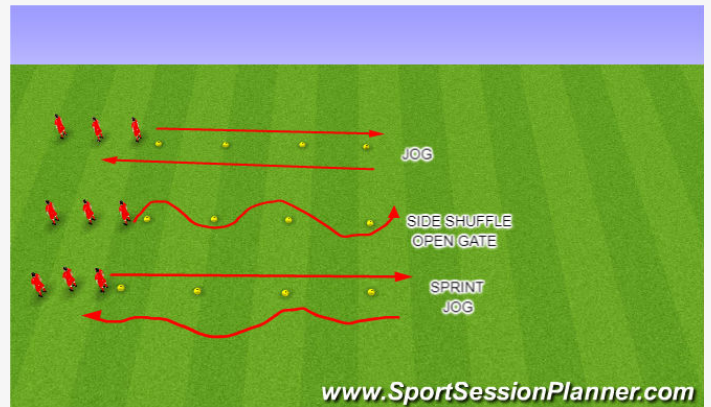
### **EQUIPMENT:**

12 cones

### **SET UP:**

Set out four cones in a straight line 10 yards apart

1. Jog to the fourth cone and back - repeat twice
2. Side shuffle to fourth cone and jog back to the line - repeat twice
3. Open gate to second cone - close gate to fourth cone - repeat once
4. Sprint to fourth cone and jog back to line- repeat once



## SS game

### SMALL SIDED GAME

### **EQUIPMENT:**

18 Cones

10 Pinnies (5 red & 5 blue)

### **INSTRUCTIONS:**

5 V 5 (red v blue)

Normal game rules apply

Red scores by dribbling through one of the "R" gates

Blue scores by dribbling through one of the "B" gates

### **COACHING POINTS:**

Team shape - Defending team should get closer together and more compact.

Defending team should all move together in relation to the ball, opposition and their own goals.

Pressure - players reaction when there is no pressure or good pressure on the ball carrier.

Marking and tracking opponents movement.



## 1v1 defending

### **EQUIPMENT**

pinnies (3 colours)

14 cones

### **SET UP:**

10x12 grid

2 gates (goals) at opposite ends of the grid

3 groups of players in different coloured pinnies (red/yellow/blue)

### **INSTRUCTIONS:**

Yellow player at the front of the line passes to the first blue attacker.

As the ball travels to the blue attacker, the first red defender runs out to meet them.

Blue attacker receives the ball and tries to beat the red defender and dribble through gate (A)

If attacker dribbles through gate (A) they get a point.

If red defender gains possession, they dribble through opposite gate (D) and get a point.

Rotate groups clockwise so yellow now defends, red attacks and blue are passing.

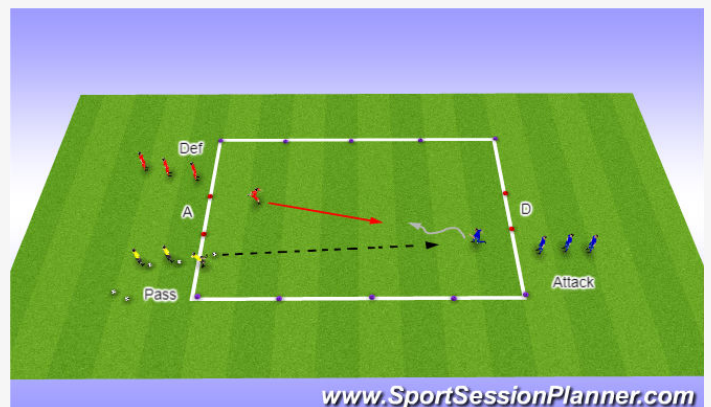
Rotate groups again so all the players have done all three activities.

### **COACHING POINTS: (1v1 defending)**

Defending player should run out fast and then slow down as they get closer to attacker.

Defender should approach attacker at angle to force them in one direction towards the side of grid.

Defenders body position should be "side on" to jockey and keep feet moving.



Recognize when to step in and win the ball (example; bad touch, slows down or against the line)  
Defender can step in front of attackers body and separate them from the ball and keep possession.