
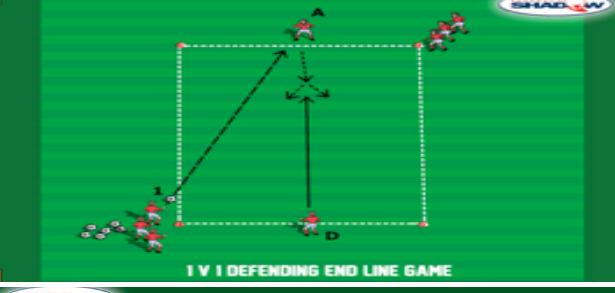
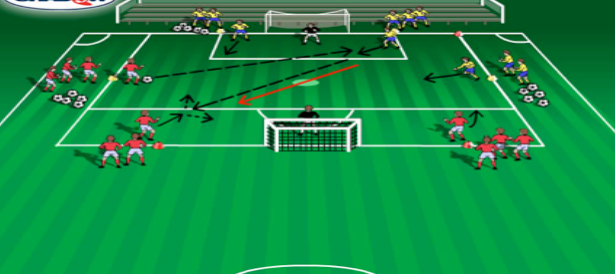



TOPIC: 1v1 Individual Defending Pressing and Closing

| STAGE | ORGANIZATION (DIAGRAM) | OBJECTIVES | KEY COACHING POINTS |
|---|--|---|---|
| <p>TECHNICAL WARM-UP</p> |  <p>TRIANGLE WARM-UP</p> | <p>TRIANGLE WARM-UP Groups of 3 warming up in free space. 2 touch passing with various surfaces, 1-2 touch passing and movement, Toss, volley and catch, Receive to dribble at a player to create a 1v1 situation</p> | <p>Technical Points: Quality pass Quality touch Selection of receiving and passing surfaces to play quickly, Quick movement after releasing the ball, Closing and jockeying</p> |
| <p>SMALL-SIDED ACTIVITY</p> |  <p>1 V 1 DEFENDING END LINE GAME</p> | <p>15 x 10 End-line Soccer Player 1 passes the ball across the box, Player "A" attacks player "D". Players score by dribbling across the end-line.</p> | <p>Technical Points: Body shape and footwork, Tactical points: Close while ball is in flight, touch tight pressure, delay, pin to the sideline, cues on when to tackle or when to close: bad touch & dribble backwards</p> |
| <p>EXPANDED SMALL-SIDED ACTIVITY</p> |  | <p>25 x 44 1-1-2-1 vs. 1-1-2-1 4v4 at goal Players change when a goal has been scored or goes out.</p> | <p>Technical Points: Body shape and footwork Tactical Points: Same as above and Prevent central penetration, Decide, Deny Delay, Drop and Deflect</p> |
| <p>MATCH</p> |  <p>9 V 9 HALF FIELD</p> | <p>Half Field Formation: 1-4-1-3 vs. 1-4-1-3</p> | <p>Identify individual defensive breakdowns</p> |