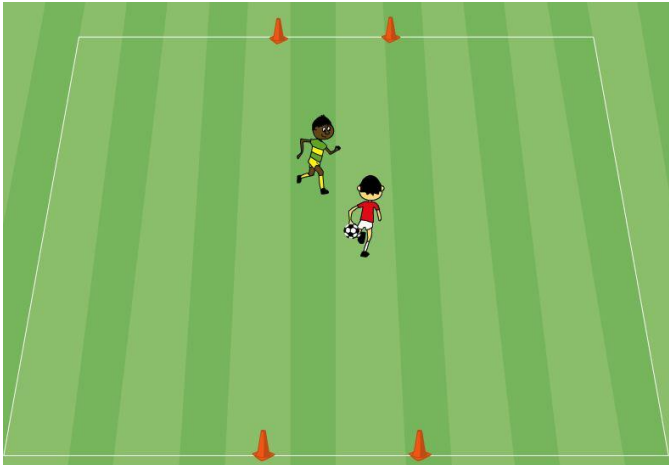


# Attacking & Defending

## One versus one each player attacking and defending

### 1 central gate:

<b>Skill Work:</b>	<b>1v1 Attacking &amp; Defending one gate</b>	<b>15 minutes</b>
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<b>Organization:</b> <ul style="list-style-type: none"><li>• Set-up area 10x10m as shown.</li><li>• Players are working in pairs.</li><li>• Each player attacks and defends one Gate</li><li>• All soccer balls close to coach</li><li>• Coach serves balls to replace the ball out or to change the focus of the play</li></ul>		<b>Coaching Points:</b> <b>Attacker:</b> <ol style="list-style-type: none"><li>1. Protect the ball from opponent</li><li>2. Ability to fake – tease your opponent - dribble</li><li>3. Use of the body to protect</li><li>4. Ability to see the closes opportunity</li></ol> <b>Defender</b> <ol style="list-style-type: none"><li>1. Close down - Get down Stay down</li><li>2. Choose right moment to tackle</li></ol> <b>TRANSITION – go to goal</b>
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<b>Description:</b> <ol style="list-style-type: none"><li>1. <b>Team function:</b> Attacking / defending</li><li>2. <b>Meaning in the game:</b> To keep the ball in possession and score / to defend the goal and to win the ball back</li><li>3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.</li><li>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.</li></ol>
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