

Attacking & Defending

One versus one with opponent chasing from different angles:

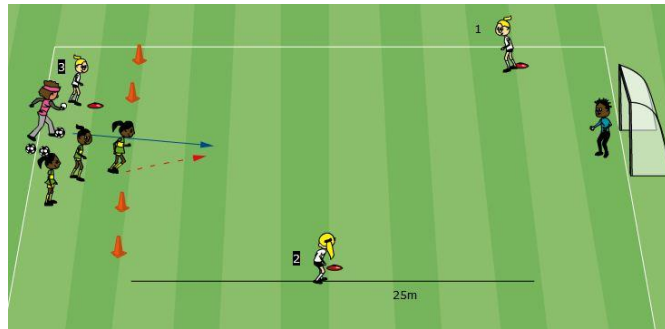
Skill Work:

1v1 Attacking & Defending from different angles

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where three players are acting as the defenders from different positions and angles – (refer to individual session of defending from the side, the back and the front). The coach passes a ball forward for the attacker to run onto. At the same time, the coach calls a number (front: 1 – side: 2 – behind: 3). The attacker's aim is to score a goal against a goalkeeper and the defender coming into play from different angles. The attacker must adapt while the defender is looking at gaining possession and scoring into one of the two small goals set up by the coach.
4. The coach can call two numbers to create a 1 versus 2 situation.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

