



Striker & 1v1 Defending

Category: Tactical: Positional understanding
Difficulty: Moderate

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

Session to develop skills as both a Striker and defending the 1v1.

Warmup

Free Dribble with Defenders

Warmup / Ignition Activity to prepare for the session.

Organization:

- See Diagram
- Grid size dependent on number of players
- Blue, offensive players. Orange, defensive players.
- How to Play:
- Players dribble freely within the grid.
- Defenders start passive, then progress to full pressure.

Coaching Notes:

- Keep control of ball and away from defenders.
- Use take-on moves to beat defenders.
- When defending, try to win the ball.



1v1 Activity

1v1 Box

Activity to improve 1v1 attacking and defending.

Organization:

- See diagram

How to Play:

- 1v1 inside the grid. Attacking player tries to keep the ball. If defender wins the ball, they must pass to a player on the outside of the box and follow their pass. That outside player becomes the attacker and the player that lost the ball becomes the defender.

Coaching Notes:

- Attacking player, focus on take-on moves and shielding.
- Defending player, force attacker to their weak foot, stay patient & close down space.



Final Game

Find the Striker

SSG with a focus on connecting with the Striker, counter-attacking and team defending.

Organization:

- See diagram
- Red players, Strikers, stay in same zone / half of field
- Black players, Center Back, stay in same zone / half of field

How to Play:

- 3v3+2
- Objective is to connect with the Striker and go to goal.
- All attacking and defending players switch zones as ball moves, with exception of Striker and Center Back.

Coaching Notes:

- Striker must be active to free himself / herself from the Center Back.
- Center Back, prevent Striker from turning. Force them to play the direction they face.



