



# Training Session

## Defending • 1st Defender • 1V1

Legend	Direction of Player movement with or without the ball	Pass or Shot	Additional Cones	Cone	Player	Player	Neutral Player
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### Key Coaching Points

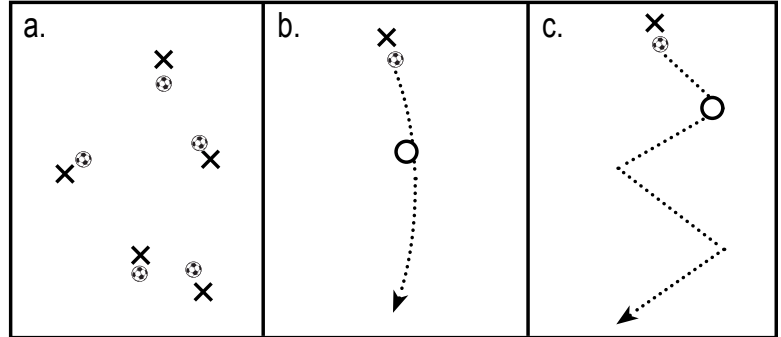
#### Technical Warm-Up

- Players freeze ball, jockey back and repeat (no pressure)
- 1v1 slow motion across grid. Player X dribbles straight, and Player O jockeys the ball and watches distance. Then switch.
- 1v1 zig zag across grid

#### Key Coaching Points

- Jockey to delay offensive player
- Low defensive posture
- Watch your distance. Close enough to react to an offensive mistake, and far enough away to not be beaten.

### Organization



#### Small-Sided Activity

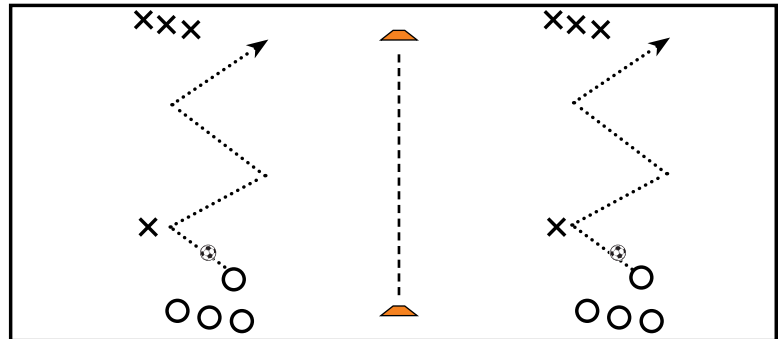
1v1 in grid "Alive" defender tries to win the ball, can use side lines

#### Progression

Defender O forces player X to the sideline.

#### Key Coaching Points

- Communicate-"I got the ball"
- Jockey to delay offensive player
- Low defensive posture
- Watch your distance
- Be Patient

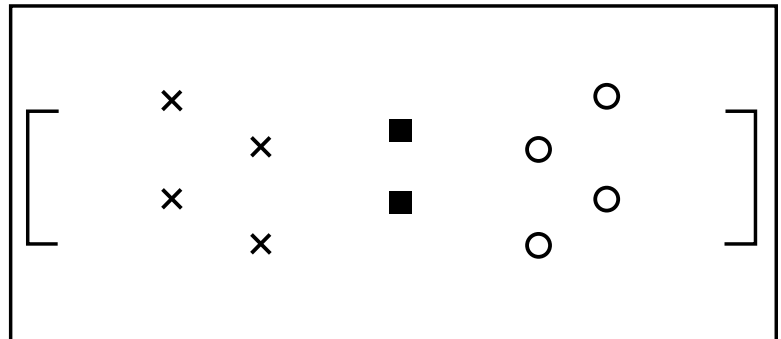


#### Expanded Small-Sided Activity

1-up 4v4 + 1 or 2, one team starts 1-up. They try to keep their lead as long as possible. +2 are with the 1-up team.

#### Key Coaching Points

- Jockey to delay offensive player
- Low defensive posture
- Watch your distance
- Be Patient



#### 6v6 to Big Goals

scrimmage - coach quality defending. Look for 1V1 Opportunities.

#### Key Coaching Points

- Jockey to delay offensive player
- Low defensive posture
- Watch your distance
- Be Patient

