



## Description

### Session Objective

- Improve players' ability to protect the ball when being marked tightly from behind.

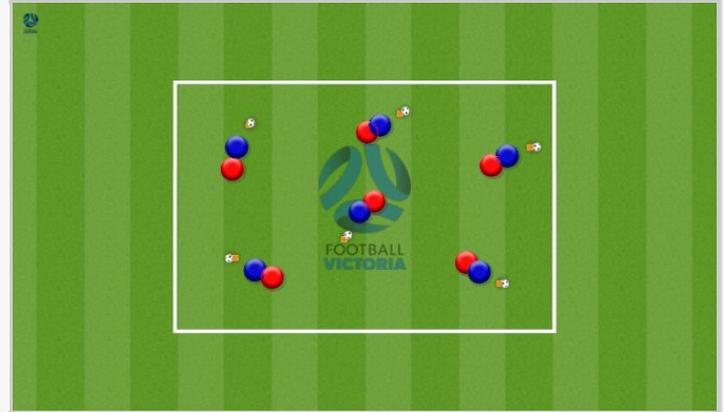
## Part 1 (10 mins)

### Organisation

- 20m x 20m area
- 1 cone per 2 players
- 1 ball per 2 players

### Explanation

- Players are paired up with 1 cone and 1 ball between 2 (match up players based on size where possible)
- Place the ball on the cone
- One player (blue pictured) from each pair is to protect the ball, with red partner trying to knock the ball off the cone
- If the ball is knocked off the cone, put it back on and continue
- After 30 seconds, swap roles of attacking and defending



### Progressions

- Make it a game
  - Player that has their ball knocked off least amount of times in 30 seconds wins
- Remove the cone
  - Players shielding the ball are now able to move the ball around staying within the 20m x 20m area]
  - 30 seconds each - count scores
- Fluid game
  - If you are the defender and win the ball back, you now shield the ball from your opponent

### Coaching Points

- Encourage defenders to **defend tightly**
- Get the **body between the ball and defender**
- Get low by keeping **knees bent**, and **feet shoulder width apart**
- Use **arms, shoulders, body and legs** to keep the defender away
- Keep the ball moving using your **furthest foot from the defender**
- Once the defender engages or gets close, **take a heavy touch into space to get away**

## Part 2 (10 mins)

### Organisation

- 10m wide x 15m long grids (roughly)
- 4 players per grid
- Balls
- Bibs

### Explanation

- 1v1 in the middle of each grid (blue v red)
- 1 bouncer on each end of the grid (black)
- Game begins with bouncer playing into attacker in the middle (red), with defender marking tight (blue)
- Attacker looks to receive the ball from one bouncer, and find a way to pass the ball to the opposite bouncer (bouncers can't play directly to each other)
- Give each attacker 5 attempts before swapping roles
- After both players have attempted 5 attacks, swap the middle players with bouncers

### Progressions

- Make it a fluid game
  - If defender wins the ball, they play to one bouncer and become the attacker
  - First player to 5 goals wins - swap bouncers when one player gets to 5

### Coaching Points

- Encourage defenders to **defend tightly**
- Get the **body between the ball and defender**
- Get low by keeping **knees bent**, and **feet shoulder width apart**
- Use **arms, shoulders, body and legs** to keep the defender away
- Keep the ball moving using your **furthest foot from the defender**
- Once the defender engages or gets close, **take a heavy touch into space to get away**



## Part 3

### Organisation

- 2x games of 20m x 15m (roughly)
- 4 mini goals
- Bibs
- Balls

### Explanation

- 3v3 games
- Partner up opponents, can only be tackled by your direct opponent (3x 1v1s)
- Each player must take a minimum of 3 touches
- Goals scored in mini goals as normal

### Progressions

- Introduce new scoring method
  - Can score in mini goals as normal
  - Can now also score a goal by holding possession of the ball as a team for 20 seconds

### Coaching Points

- Encourage defenders to **defend tightly**
- Get the **body between the ball and defender**
- Get low by keeping **knees bent**, and **feet shoulder width apart**
- Use **arms, shoulders, body and legs** to keep the defender away
- Keep the ball moving using your **furthest foot from the defender**
- Once the defender engages or gets close, **take a heavy touch into space to get away**



## Part 4

### Organisation

- 30m x 20m area
- All players

### Explanation

- 6v6 game (include GKs if you have them)
- Free game - normal football rules

### Coaching Points

- Observe behaviour
- Let the kids play

