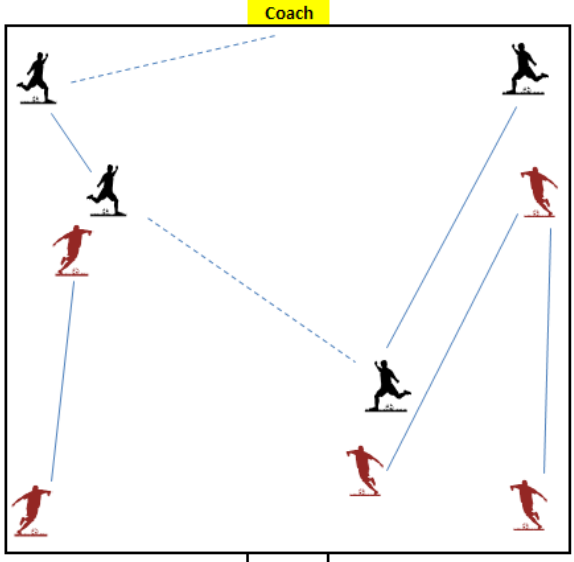




Tackling & defending 2 V 2

Coaching Plan

Title:	Tackling & defending 2 V 2
Objectives:	<ol style="list-style-type: none"> 1. Improve tackling 2. Improve defending
Age range:	U9s +
No. of Players:	4
Time:	20 mins
Organisation:	<p>2 attackers (black) v 2 defenders (red)</p> <p>Grid 20 x 20 (larger grid makes it harder for defenders, easier for attackers)</p> <p>Position 2 attackers at corners adjacent to coach. Coach feeds to 1 attacker.</p> <p>Attacker's objective is to pass to each other (1point) or score goal (2points).</p> <p>Attackers to keep possession can pass back to coach (nil points).</p> <p>Defenders get 1 point each time the ball is tackled and knocked out of the grid.</p>
Drill:	
Coaching Points:	<p><u>Defender closest to attacker with ball.</u></p> <ul style="list-style-type: none"> • Get to player fast. Approach side on, weakest foot leading, strongest trailing. • Stand up. Don't go to ground. Flex legs to lower centre of gravity. • Focus on the ball (not the attacker). • Use block technique; use inside of foot, lock ankle, tackle the centre of ball. • If attacker passes, defender becomes defender marking attacker without ball..... <p><u>Defender Marking Player Without Ball</u></p> <ul style="list-style-type: none"> • Hold back, close enough to get tight quickly should attacker receive ball • MUST see ball & player they are marking. Don't allow attacker to get round back. • If player receives ball get tight and then follow "defender closet t o attacker with ball" coaching points.
Progression:	<p>If attacker turns back to defender then coach NO TURN.</p> <ul style="list-style-type: none"> • Stay touch tight • Focus on the ball. Stay low to see the ball. • Can you nick it with toe.