



Date: 6/04/20 **Duration:** 1:00 hour

Time: N/A Age/Level: Session **Objective:** 

# **Defending Near the Goal**

### **1v1** Defending from the Front



**Description:** Coach plays the ball to the blue team to start. Blue player looks to dribble and try to get past the defender (red). If the offensive player scores they get one points, if a defender steals the ball and scores they get two points.

#### 2v1 to Goal



**Description:** Defender (blue team) starts with the ball. The play a pass to either offensive 9red) player, at which point in time the go put pressure on the player who receives the ball. Note that two offensive players must work together to get a shot on goal pas the GK. If the defender wins the ball, they can try and pass through the gates.

Teams switch roles half way through.

#### 4v1 to Goal with Defender



**Description:** Play starts with a 4v1 in the first grid. Players must get 3 or more passes before looking to pass to player 5. Once player 5 receives the ball, they dribble against the defender in the goal box trying to score. If at any point the defender wins the ball, they play it to the coach and switch with an offensive player.

## **Scrimmage**



Description: 6v6 scrimmage.