

Name: Arsenal - Jason McClanathan

Topic: 1<sup>st</sup> Defender - Pressure

Date: \_\_\_\_\_



= level of topic importance

X = Attacker

O = Defender

T = Target

N = Neutral

S = Server

▲ = Cone

● = Ball

← = Run

←..... = Pass / shot

<p><b>Fundamental - Warm Up</b> <b>20 min.</b></p> <p>1 v 1 in grids</p> <p>- (O) plays the ball into (X), then (O) must defend the end line</p> <p>-no tackling working on body shape (progress to tackling)</p> <p>* STRETCH</p>	<p><b>Organization</b></p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- quickly closing down the attacker</li> <li>- slightly bent approach</li> <li>- forcing the attacker to one side (side on)</li> <li>- knees bent / low center of gravity always looking to challenge for the ball</li> </ul>
<p><b>Match Related Activity</b> <b>15 min.</b></p> <p>4 v 4 playing to 5 gates</p> <p>- player defends the gate while attacking players try to dribble through the gates</p> <p>- man marking for older players (even numbers)</p> <p>- do not allow young players to slide tackle, teach safety first</p>	<p>25 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> <li>- force player into a direction that gives the defender the advantage</li> <li>- correct pressure</li> <li>- correct type of tackle, toe-poke, block, or side tackle</li> <li>- timing of tackle</li> </ul>
<p><b>Match Related Activity</b> <b>10 min.</b></p> <p>6 v 8 game to goals</p> <p>-add neutral players of give defending team a player advantage</p> <p>(O) defenders / (X) attackers</p>	<p>30 yds</p> <p>40 yds</p>	<ul style="list-style-type: none"> <li>- correct stance defender should come in side on leaning forward with the intension of looking to tackle, players should be low while keeping balance</li> <li>-1<sup>st</sup> defender must take responsibility in their role, pressure/wining the ball</li> <li>- (N) wins ball they then play to opposing teams target</li> </ul>
<p><b>Match Condition Game</b> <b>25 min.</b></p>		<ul style="list-style-type: none"> <li>- do not over commit to the tackle</li> <li>- coach fair play at all times</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	