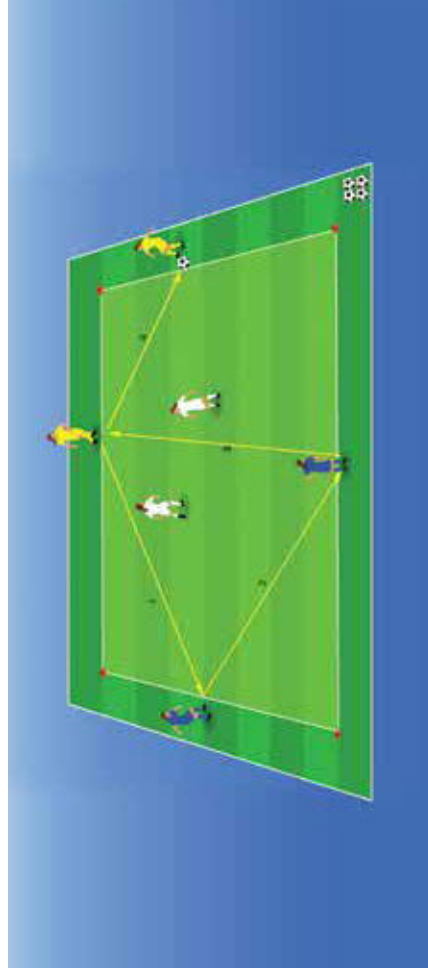


STRIKING THE BALL

5-10
MINUTES
Recommended

Intervention: Skill Breakdown (Defending) Interception



Created using SoccerTutor.com Tactics Manager



Created using SoccerTutor.com Tactics Manager

Suggested equipment list:

- 20 cones, 17 balls, 8-12 portable poles, 2 sets of bibs, 2-4 portable goals

Grid size:

- Create 2: 10 x 10 metre grids (guide only)

Explanation:

- Same as the previous activity (Striking the ball: skill breakdown 'attacking')
- However, the defenders need to win the ball and dribble to any line for a bonus point
- Outside players allowed to stop defenders from reaching their line (see bottom picture)

Scoring system for the defenders:

- 2 points for winning the ball and dribbling to any line
- 1 point for intercepting a pass or forcing a mistake

Scoring system for the attackers:

- 1 point for passing 10 times with outside players (guide only; based on ability levels)

Rotation/Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Swap role of defenders after winning the ball twice or set a time limit (guide only)

Key Coaching Questions:

- **Pre-action:** Can the nearest defender apply immediate pressure on the ball carrier? Can the second defender cover the space behind the first defender?
- **Action:** Can the nearest defender win the ball when a heavy touch is taken? Can the second defender block the line to target?
- **Post-action:** Are you able to counter-attack with speed?

Key Coaching Words:

- **Press** - encourage nearest defender to apply immediate pressure on the ball carrier
- **Cover** - encourage second defender to cover space behind the first defender
- **Block** - encourage defenders to block line to target
- **Fast-break** - encourage counter-attack with speed