



Arlington Lesson Plans (1st & 2nd Grade - U7 & U8 Age Groups)-Topic: 1 vs. 1 Offense and/or Defense

Category: Technical: Attacking and Defending Skills

Difficulty: Beginner

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Description

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1 vs. 1 Offense Technique

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□ 6 steps of 1vs.1

-Control

-Lookup

-Dribble toward the target

-Make a move

-Place the ball at an angle

-Run fast

Other important information about the 1 vs. 1 Offense:

□ 1vs. 1 with Speed – “Simple moves”

□ 1vs. 1 no speed – “Quick moves” with acceleration after the move

□ Ball Control

□ Balance

□ Speed dribbling

□ Changes of speed

□ The speed with the ball (Simple moves)

□ Do not move the ball across when the defender is too close

□ Pull back when the defender is too close

□ Change directions if it is necessary



1 vs. 1 Defense Technique

Defense Technique:

- Follow the directions of the opponent.

- Try to get in front of the opponent by putting your body between the goal and the opponent.

- When you stay in front of the opponent, look in the direction of the ball instead of the opponent's body.

- When you are in front of the opponent, stay sideways so you give the opponent one side.

- Give the opponent the weak side (Foot and/or Space).

- Keep in balance by keeping both feet apart. Bend your knees and shoulders (Balance).

- Keep your distance from the opponent (not too far or too close)

- Stay at least one step away from the opponent.

- Do not dive into the ball right away if you have time.

- Wait for the opponent to make a mistake to try and steal the ball.

- Use your body (shielding) to try to steal the ball.



Warm-up: Small side games

How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to play "small-sided games".

Variations/Progression:

- Competition between the teams

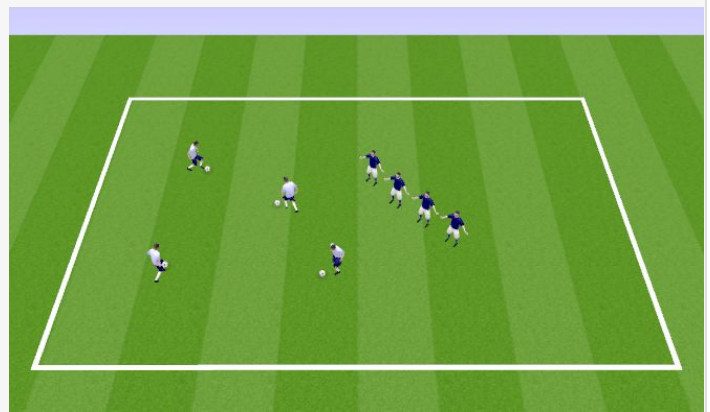
- Implement the topic of the session in the small side games



Activity: The big chain

How the game is played: Each offense player should have a ball. The coach will choose a defender. All players should rotate as starting defenders. The sole defender will put pressure on the offensive players. If the defender wins or kicks the ball out of the grid, the offensive player that lost the ball should join the defender. The defenders should hold a vest or hold hands together. The defenders will continue trying to kick the offensive ball out of the grid and the chain will continue getting bigger every time the offensive player loses the ball. The winner is the last offense player with possession of the ball.

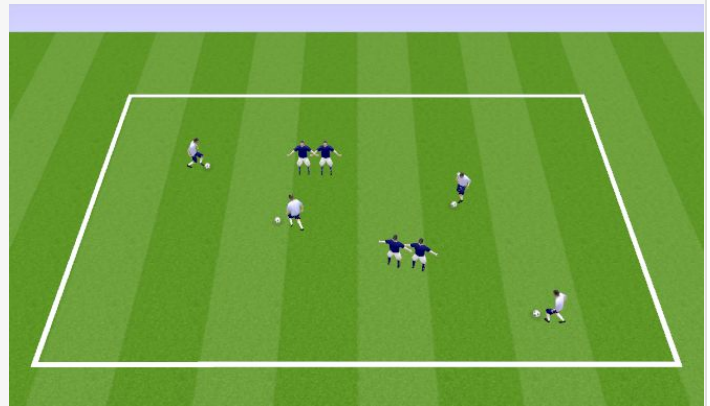
Variations/Progression: Increase or decrease the size of the field.



Activity: Partners Chain

How the game is played: Each offense player should have a ball. The defenders (partners) should hold a vest or hold hands together. The defenders will try to kick the offensive ball out of the grid and the offensive players will try to keep possession of the ball. After a few minutes switch.

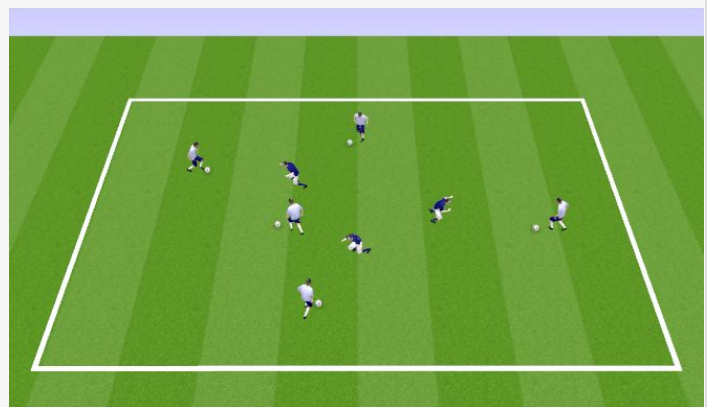
Variations/Progression: Increase or decrease the size of the field.



Activity: Single Pressure

How the game is played: Start with 1/3 of the players as defenders and 2/3 of the players as offensive players. Each offense player should have a ball. The defenders should try to kick the offensive ball out of the grid and the offensive players will try to keep possession of the ball. If the defender wins the ball, he/she will switch to the offensive player. Make sure all players play offense and defense.

Variations/Progression: Increase or decrease the number of defenders.



Match - Scrimmage

How the game is played: Two teams will be formed like a regular scrimmage.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games

