



Arlington Lesson Plans (3rd & 4th Grade - U9 & U10 Age Groups)- Topic: 1 vs.1 Offense and/or Defense

Category: Technical: Attacking and Defending Skills
Difficulty: Beginner

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Individual-Young Member

Description

Lesson Plan was created by Eddie Lima (Arlington Assistant Director of Coaching Education)

1 vs. 1 Offense Technique

1 vs. 1 Offense Technique

- ☐ 6 steps of 1vs.1
- Control
- Lookup
- Dribble towards the target
- Make a move
- Place the ball at an angle
- Run fast

Other important information about 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 (10 mins)

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

Variations/Progression:

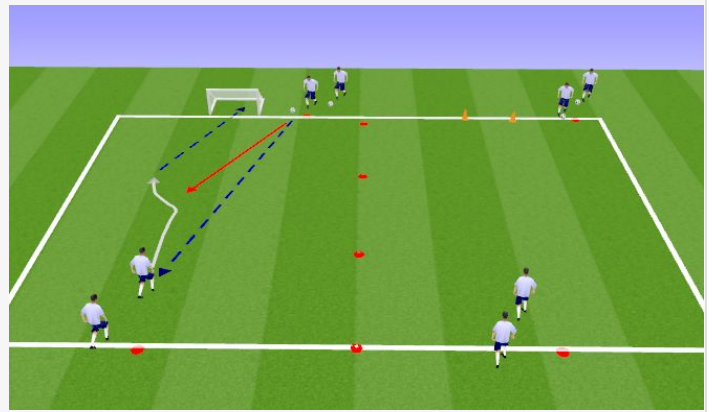
- Competition between the teams
- Implement the topic of the session in the small side games



Activity: 1 vs. 1 with goal (10 mins)

How the game is played: The player with the ball (defense) will pass the ball to another player (offense). After the pass, the defender will put pressure on the offensive player. The offense player will try to beat (1 vs. 1) and score on the goal. The defender will try to block or win the ball. After the play, they will switch (defense to offense and vice versa)

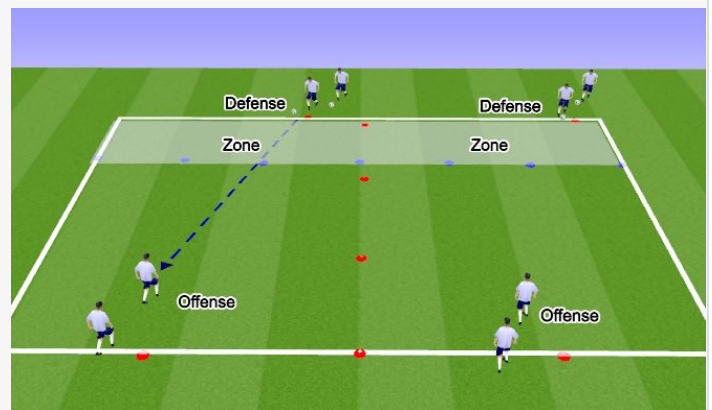
Variations/Progression: Increase or decrease the size of the grid.



Activity: 1 vs. 1 with Zone (10 mins)

How the game is played: The player with the ball (defense) will pass the ball to another player (offense). After the pass, the defender will put pressure on the offensive player. The offense player will try to beat (1 vs. 1) by dribbling the ball inside the "ZONE". The defender will try to block or win the ball. After the play, they will switch (defense to offense and vice versa)

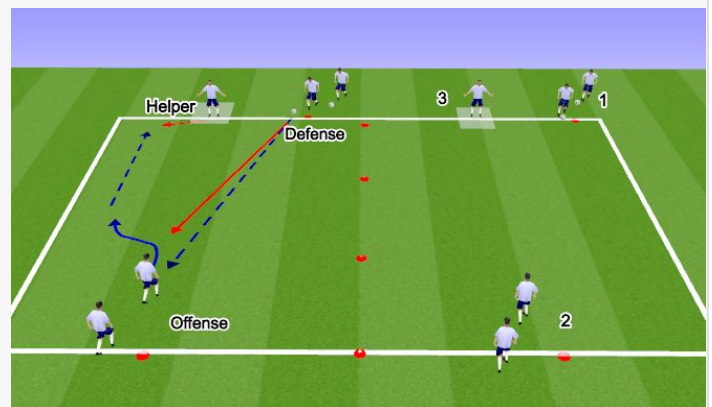
Variations/Progression: Increase or decrease the size of the grid.



Activity: 1 vs. 1 with Target (10 mins)

How the game is played: The player with the ball (defense #1) will pass the ball to another player (offense #2). After the pass, the defender will put pressure on the offensive player. The offense player will try to pass to the "helper" #3 that will be moving on the line. The defender will try to block or win the ball. After the play, they will switch (defense - offense - helper - defense) Or (#1 - #2 - #3 - #1)

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



Match - Scrimmage (20 mins)

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

