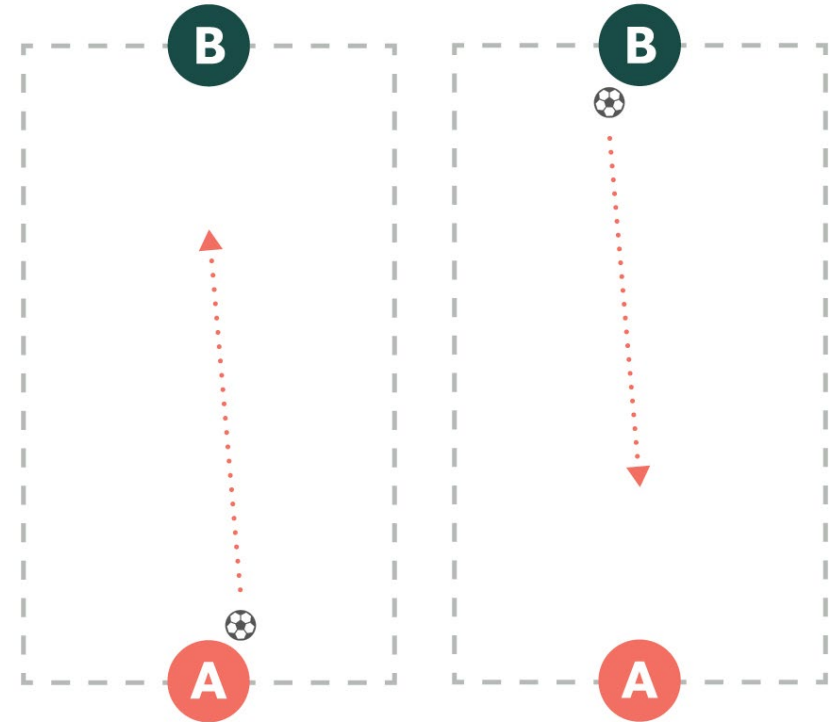


SKILL INTRO

15 Minutes

1 v 1
DEFENDING

- 6 grids (10m x 5m)
 - 6 games x 2 minutes
 - A starts by passing to B
 - A then becomes the defender
 - Players score by running the ball across the opposite line
 - If the ball goes out or score, alternate starting player
 - Player with the highest score wins
 - Rotate opponent after game ends
-
- Quick to close down, quick to slow down
 - Side on body position, 'surfer' stance
 - Tackle with the front foot



NEWCASTLE PERMANENT SKILL OF THE WEEK

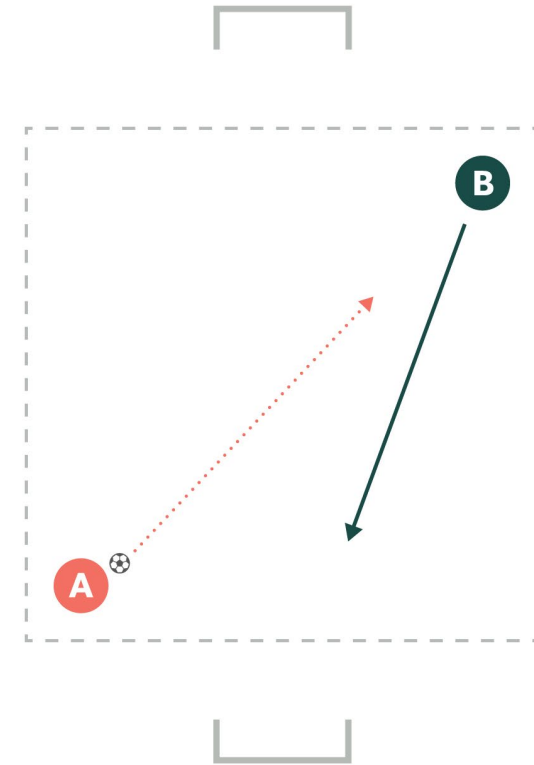


SKILL TRAINING

20 Minutes

1 v 1
DEFENDING

- 2 areas (20m x 20m)
- Goals positioned 5m from ends
- A starts by passing on a diagonal to B
- A then becomes a defender
- Players score by scoring a goal and must get past the opposite line before shooting
- If the ball goes out or score, alternate positions
- Another 1 v 1 can also occur by starting in the NW corner and passing on the opposite diagonal
- Include points from Skill Intro
- Force the attacker one way
- Force the way your chest is facing
- Don't let the attacker get behind your back



NEWCASTLE PERMANENT SKILL OF THE WEEK

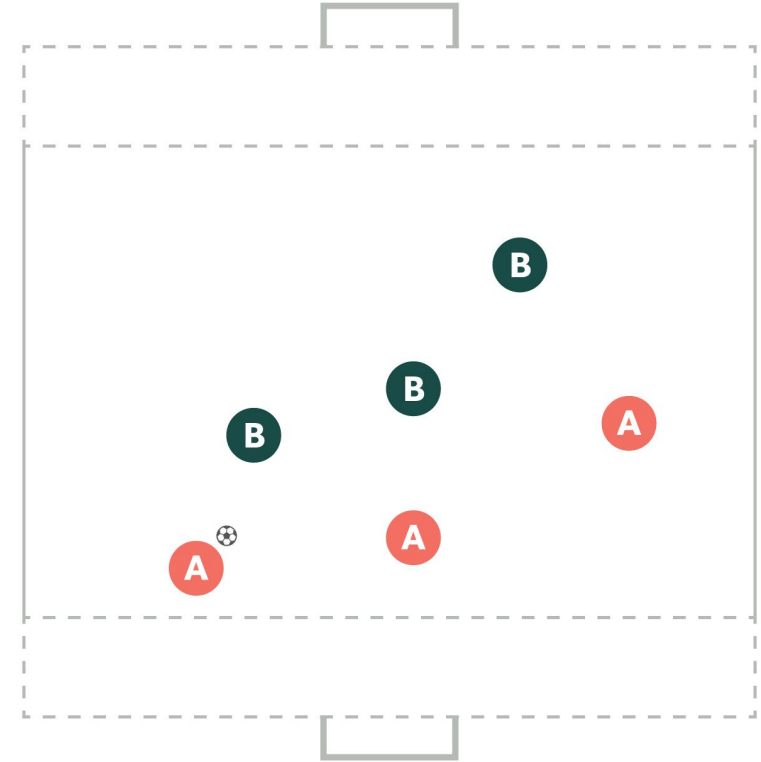


SKILL GAME

25 Minutes

1 v 1
DEFENDING

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Players must first dribble into their attacking endzone before shooting
- Only one defender can enter the endzone to defend the goals/attacker once the attacker has entered the endzone (1 v 1)
- Can we see a change in behaviour when we defend 1 v 1?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you tackle side on and win the ball



NEWCASTLE PERMANENT SKILL OF THE WEEK

