

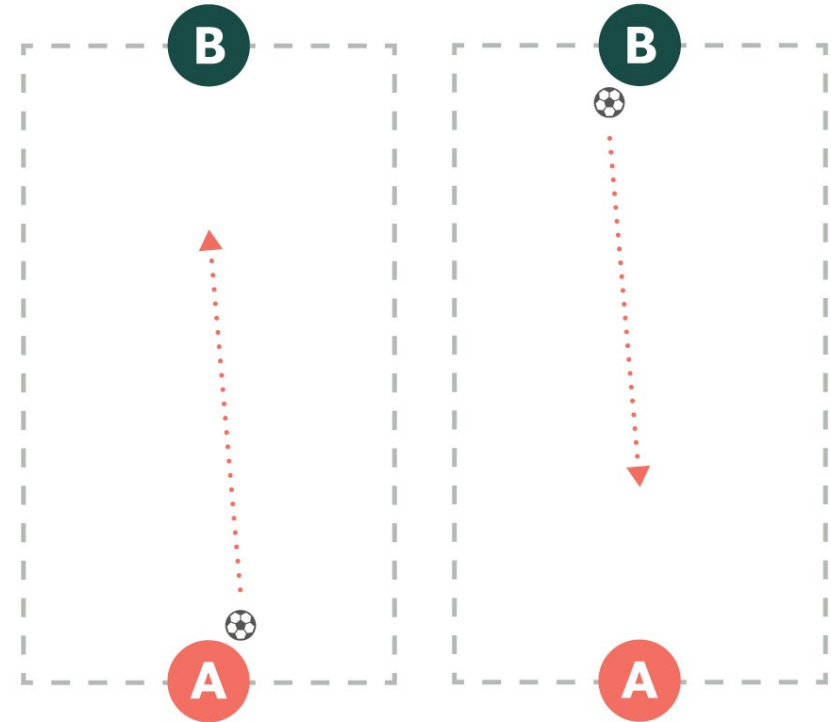
# SKILL INTRO

15 Minutes

# 1 v 1

DEFENDING IN THE BOX

- 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
- 'Surfer' stance
- Force the attacker in the direction your chest is facing



NEWCASTLE PERMANENT SKILL OF THE WEEK



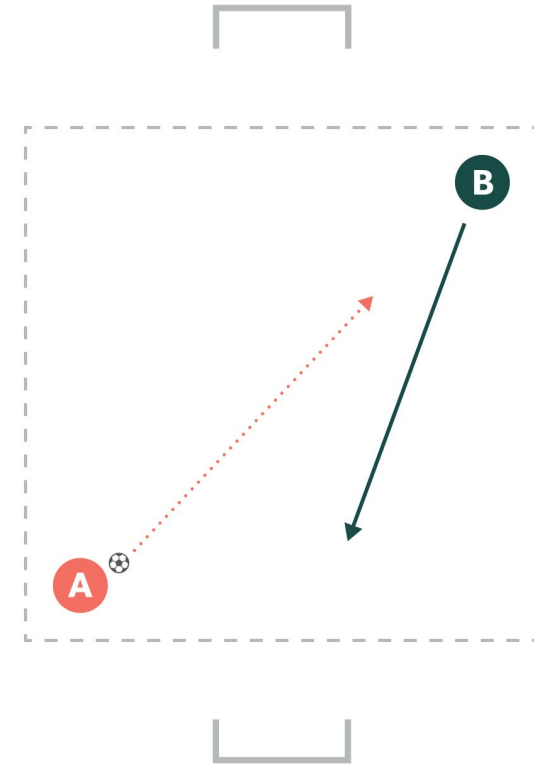
# SKILL TRAINING

20 Minutes

# 1 v 1

## DEFENDING IN THE BOX

- 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
- Curve your run and block the line to goal in your press
- Give space out wide to set a trap
- Time your tackle with the front foot, don't dive in



NEWCASTLE PERMANENT SKILL OF THE WEEK



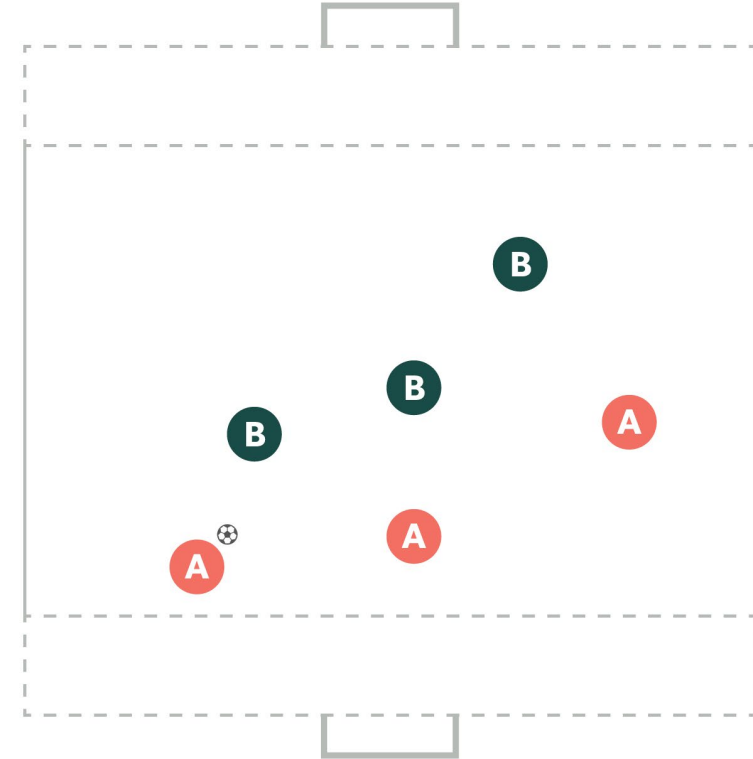
# SKILL GAME

25 Minutes

# 1 v 1

DEFENDING IN THE BOX

- 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 force an attacker out over the sideline



NEWCASTLE PERMANENT SKILL OF THE WEEK

