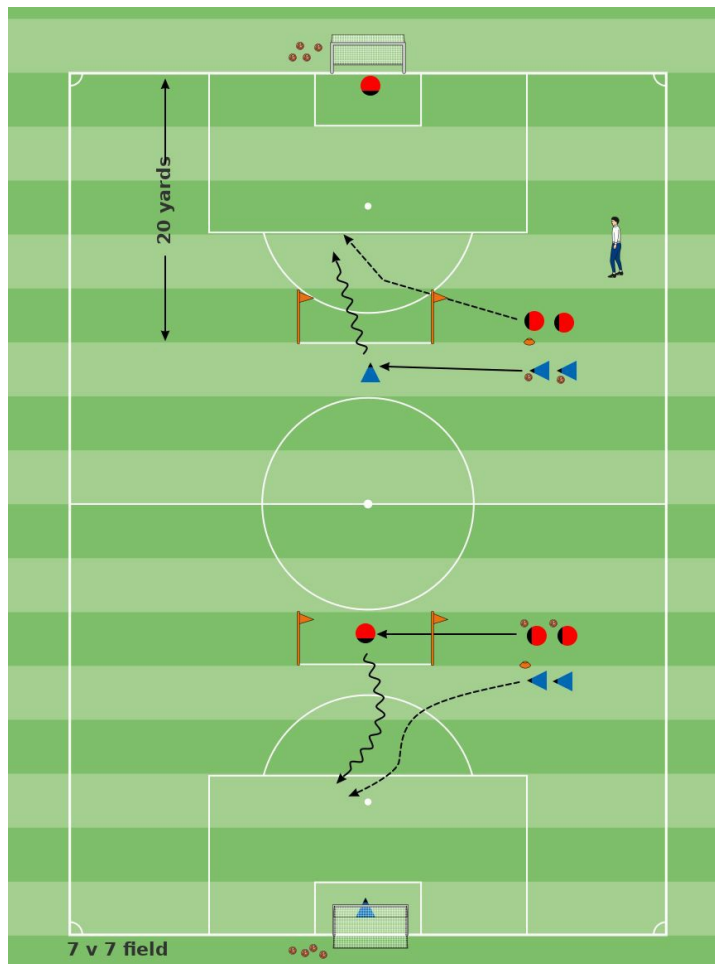


**PRACTICE (More Challenging): 1 v 1 in Middle - Defender Beside Attacker**

**OBJECTIVE:** To prevent the opponent from scoring.

**PLAYER ACTIONS:** Protect goal, Get compact, Stay compact

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**ORGANIZATION:**

Same as Core Activity, except the first defender runs in from the wing.

**KEY WORDS:**

Defend the goal, step to the ball

**GUIDED QUESTIONS:**

1) Defenders, what's your top priority in this exercise? 2) How do you do that?

**ANSWERS:**

1) To defend the goal. 2) Run out after the ball, block the path to the goal and try to force the attacker away from the goal.

**NOTES:**

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.

**MOMENT:**

Defending

**AGE:**

U8-U14

**PLAYERS:**

1 vs 1

**DURATION:**

10 Min