

# Premier Skills

Topic: Defending  
Component: Technical

## SMILES - The Premier Skills approach



This activity can be used as a part of a session plan to develop technical, tactical and life skills that can be used on and off the pitch.

Always remember SMILES when coaching.

Safe Maximum participation Inclusive Learning Enjoyment Success

## Setup



- In groups of 3, 2 players are chosen to be Line Players and 1 will be the Middle Player
- The aim of the activity is the 2 Line Players can run around the area in any direction at any speed trying to get away from the Middle Player
- The Middle Player must try and stay in a 'Straight Line' between the 2 Line Players
- When the coach calls 'STOP', all players must stop moving. If the Middle Player is not in a straight line between the 2 Line Players, then players self-evaluate on the success

## Development - Technical

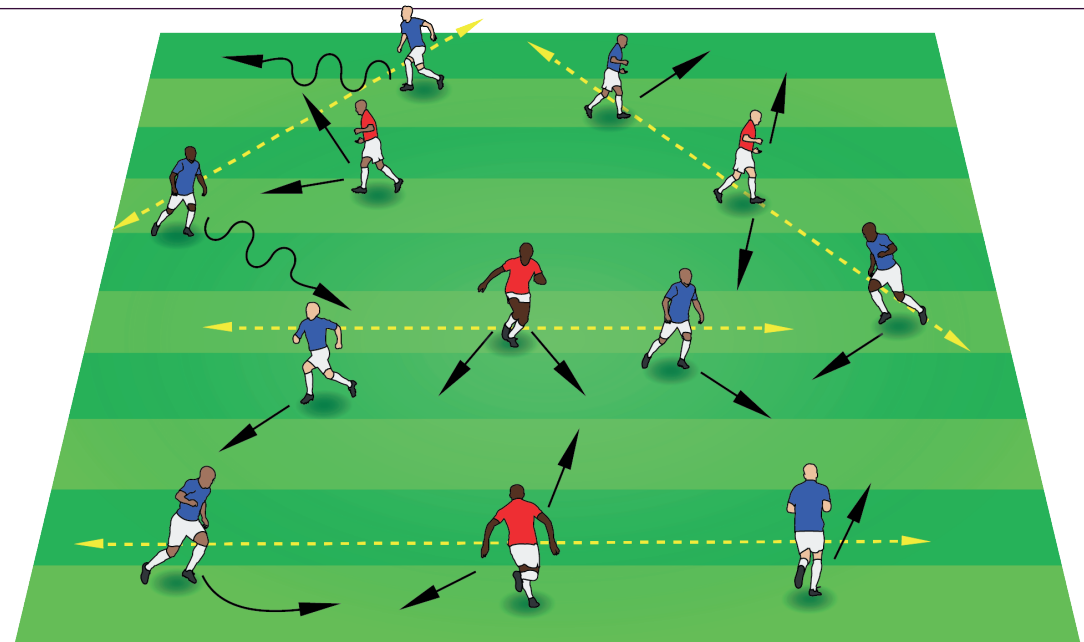


### Progression 1 - Technique

Line Players have a football, passing a ball between each other whilst trying to lose the Middle Player. The Middle Player tries to intercept the ball and scores point if successful. If the Middle Player intercepts, they swap places with Line player.

### Progression 2 - Skill

2 groups of 3 join up so there are now 4 attackers and 2 defenders. The 4 attackers attempt to keep the ball by passing between them, whilst the defenders try and intercept. If the defenders are successful they swap with an attacker.



## Key

player movement



ball movement



## Coaching points and technical information



- Body Position and shape - Balls of feet, ready to react
- Predict/Restrict the movement
- Check shoulders
- Speed of movement and when to intercept or delay, cover or support

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## STEPS

Use these ideas to progress and change the activity

### S - Space

Adjust the size of the overall area(s)  
Encourage players to restrict the space when defending

### T - Task

Players start with the ball in their hands when passing between the 2 line players  
Players to work in team units  
Set player goals

### E - Equipment

Give footballs to both line players to slow down running movements

### P - People

Rotate roles of line players and middle players so all have a chance to defend  
If participant numbers aren't divisible by 3, there can be 2 middle players

### S - Speed

Change to space size to affect the intensity  
How many times can you win the ball back in a set time?  
Win the ball back to change roles

*My thoughts*

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SMILES - *My thoughts*

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NOTES / DIAGRAMS: