

Premier Skills

Topic: Defending
Component: Conditioned game

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



- Two teams, with one team defending the 'Triangle' in the centre of the playing area and the other defending the 4 goals around the outside of the playing area
- The ball starts with the team trying to get into the triangle. If they succeed in dribbling into the triangle they score a point
- If the team defending the triangle tackle or intercept and get the ball they can score in any of the 4 goals by passing through the goal
- The team defending the triangle is not allowed to go inside or cross the triangle
- Rotate defending and attacking roles
- The activity can start with both teams with a ball to get an understanding of the area, or with the game being played with hands

Development - Conditioned game

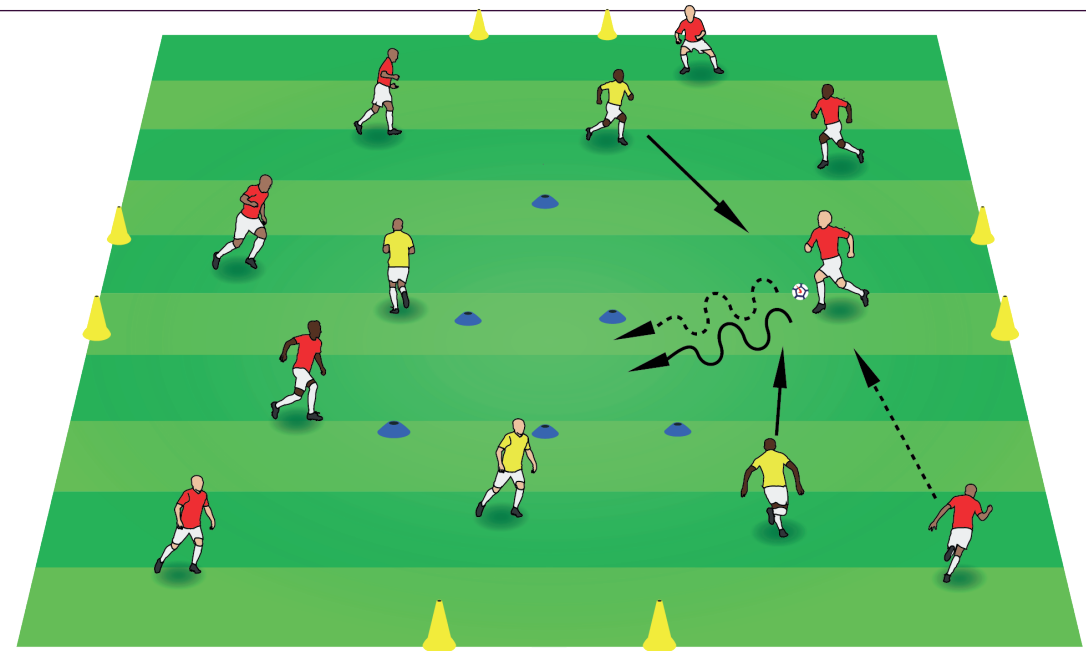


Progression 1

Increase the size of the triangle so its harder to defend or add in a second triangle so the defending team has two areas to defend and think about. The team trying to get into the triangle can now score a point by either dribbling into the triangle or passing through the triangle.

Progression 2

The team trying to get into the triangle is also now rewarded for keeping possession of the ball for a number of passes. This will challenge the defenders to come away from the triangle to intercept or tackle, leaving exposed areas behind them.



Key

ball



cone



disc cone



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) and triangle(s)
Encourage players to restrict the space when defending

T - Task

Players to work in team units
Set player goals
Change the number of points scored for the attackers

E - Equipment

Add in more footballs to increase the opportunities to defend
Create 2 different sized triangles

P - People

Create and overload on one team
One to one marking

S - Speed

Change the space size to affect the intensity
Set time limits on when to win the ball back

My thoughts

SMILES - *My thoughts*

S

M

I

L

E

S

NOTES / DIAGRAMS: