

# LOUDOUN SOCCER



## Session Theme

1v1 Defending – Tackling and Defensive Heading

## Objectives

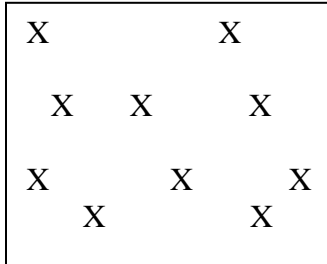
To develop players' abilities to make poke and block tackles  
 To develop players' abilities to head the ball defensively  
 To develop comfort and confidence in tackling and heading

### Warm-Up:

Ball each, dribbling/ball manipulation

Everyone in 20x20 grid, 6/8 balls placed around the square. Players move around the square and on coaches command go to pressure a static ball in the 'surf' position.

Players jog with ball in their hands playing headers to themselves



Various

Body Position

"Surf" backwards and change feet/position

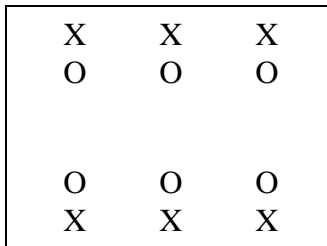
### Tackling

#### Poke tackles:

Player 1 dribbles forward while player 2 moves backwards in a defending ('surf') position. Player 2 must step forward and make a poke tackle, knocking the ball away from the attacking player.

#### Block tackles:

Players stand facing each other with their feet in the block tackle position. Start by playing "Wrestlemania" and wrestling for possession of the ball. Progress to playing as a team and trapping the ball between them on the count of three. Progress to competing for the ball in a block tackle.



#### Poke:

Show correct safe way to tackle

Side-on position

On ties/front of feet

Body low/knees bent

Eyes on ball

Step forward into tackle, using toes/outside of foot to tackle

Foot to tackle

#### Block:

Show correct safe way to tackle

Side-on position

On ties/front of feet

Body low/knees bent

Eyes on ball

Step forward into tackle, using inside of foot, toes pulled up

Follow-through the tackle

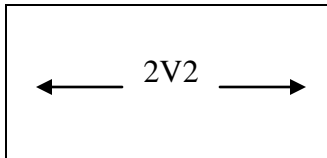
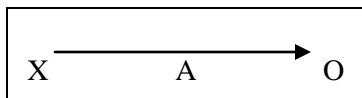
### Headers

Pairs – Players try to make as many headers as possible to each other. Rotate partners

Threes – X serves to O who plays a defensive header back over A to X's hands. Rotate.

#### 2v2 to end line

Game starts with a block tackle or a defensive header and players play to end line to score a point



#### Headers:

One foot in front of the other

Hands up for balance/protection

Eyes on Ball

Lean back at the hips

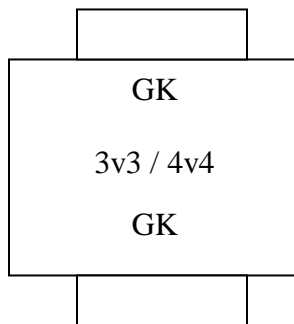
Head through the hands using the forehead/hairline

Head through the lower half of the ball to get as much height/distance as possible

One/two foot jump before heading

### 3 v 3 with GK

GK starts the game by throwing the ball into his/her team mates in the air. Players compete to win the ball. Start by having no challenge/pressure on the first ball.



All of the above

### Regular Scrimmage