GPS Curriculum 2013

Defending 1v1, 2v2 & 3v3
GPS CURRICULUM METHODOLOGY

AIM:
To allow players of all ages and abilities, to develop to their full potential, in an ENJOYABLE, CHALLENGING and POSITIVE environment.

OBJECTIVES:
• Create a clear and simple pathway for player development.
• Always keep the player at the centre of the development process.
• Allow players as much active time with a ball each as possible.
• Teach the principles of the game.
• Teach “roles” not “positions”.
• Acknowledge that players will learn and develop at different speeds.
• To keep a fresh and current outlook on the changes in young player development.
• Create a deep and underlying passion for the sport of soccer at all ages.
GPS recommends that all practice sessions follow the S.C.O.R.E. method:

**S**IMPLE. Stick to one theme during your practice session. Choose 2 or 3 core coaching points and reinforce them throughout the session.

**C**HALLENGING. Ensure that the players are posed problems that they need to find solutions to. Provide guidance and help when they need it.

**O**RGANISED. Plan every detail of your session - how many players, space and equipment. Ensure that your sessions have the appropriate pace and progression to challenge all of your players.

**R**ELEVANT. Ensure that the exercises in your session are relevant to the game.

**E**NJOYABLE. The players should walk away from every practice having thoroughly enjoyed the session and learning at least one new aspect of the game.
1v1 Defending - Shadow Game

**Equipment**
- Cones
- Balls

**Field Size**
15 yard diameter

**Set up/ rules**
Players work in pairs with one ball. One player has the ball and dribbles around inside the area. Player 2 must follow player 1 and try and force them outside the circle without tackling. Players swap roles if ball forced out the area.

**Progression**
Players can now try and steal the ball. Player who has possession after 45 seconds gains one point. First player to 3 points wins.

**Coaching Points**
- Low centre of gravity
- Quick change of direction
- Body shape to force attacker one direction

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Square Game

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
15x15 yard area

**Set up/ rules**
Players start on the outside of the area with 2 defenders starting inside the area. Players try and dribble their ball through the square. Player gains 3 points by dribbling the ball from one side to the other. Player gains 1 point for dribbling to either the left or right side. Defenders gain a point for every player they tag trying to cross the square.

**Coaching Points**
- Low centre of gravity
- Quick change of direction
- Body shape to force attacker one direction
1v1 Defending - 4 goal game

Equipment
Cones
Balls
Pinnies

Field Size
15x15 yard area with four corner goals

Set up/ rules
Split players into two teams. Teams start centrally at opposite ends between the goals.
Attacking team start with the ball and dribble the ball into the area and try to dribble through either of the two corner goals at the opposite end. Defenders enter the area on attackers first touch and try to win possession and attack the two corner goals at the opposite end. Players must dribble ball through to gain a point

Coaching Points
Angle and speed of approach
Body Shape
Type and timing of tackle
1v1 Defending - 4 goal game
Equipment
Cones
Balls
Pinnies
Field Size
15x15 yard area with four corner goals
Set up/ rules
Coach starts with set of balls to one side of the area and passes a ball into the area. Both players enter as coach kicks ball and try to gain possession to attack to goals. Players must dribble ball through to gain a point
Coaching Points
Angle and speed of approach
Body Shape to force play one direction
Type and timing of tackle

1v1 Defending - 4 goal game
Equipment
Cones
Balls
Pinnies
Field Size
15x15 yard area with four corner goals
Set up/ rules
Teams now start on the sides without goals. Attacker begins with the ball and defender enters on attackers first touch. Both attack goals at opposite end to which they started practice. Players must dribble ball through to gain a point
Coaching Points
Angle and speed of approach
Body Shape to force play one direction
Type and timing of tackle
1v1 Defending - 4 goal game
**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
15x15 yard area with 4 corner goals

**Set up/ rules**
Split into 4 teams. Each team starts next to one of the four goals. Attacking team will pass the ball diagonally across to other team. Defenders can enter the area once attacker has taken first touch. Attacker can attack either corner goal opposite. Both 1v1 games play at the same time. If defenders win possession they attack other end. Players must dribble ball through to gain a point

**Coaching Points**
- Angle and speed of approach
- Body Shape to force play one direction or into traffic
- Type and timing of tackle

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4v4 - 4 Goal Game - Score In Any Goal
**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
15x15 yard area with a goal centrally on all four sides

**Set up/ rules**
Split into 2 teams. Teams start on opposite sides of the area. Defending team pass ball across to attacking team. Defender enters the area to create 1v1 on attackers first touch. Attacker must look to attack any of the three goals on other sides of the area. If defender wins possession they attack any of the four goals. Players must dribble ball through to gain a point

**Coaching Points**
- Angle and speed of approach
- Body Shape to force play one direction or into traffic
- Type and timing of tackle
GPS - DEFENDING 2v2

2v2 Defending - 4 goal game

Equipment
Cones
Balls
Pinnies

Field Size
15x15 yard area with 4 corner goals

Set up/ rules
Split into 2 teams. Each team starts next to one of the four goals. Attacking team dribble the ball into the area. Defenders can enter the area once attacker has taken first touch. Attackers try and dribble ball through either of the corner goals at the opposite end. Defenders try and win possession and attack opposite goals.

Coaching Points
Nearest player pressure ball
Angle and speed of approach
Body Shape to force play one direction or into traffic
Angle and distance of covering defender
Type and timing of tackle

2v2 Defending - 4 goal game

Equipment
Cones
Balls
Pinnies

Field Size
15x15 yard area with 4 corner goals

Set up/ rules
Coach now calls out a number. This number is how many players enter the area and compete for possession. A point is gained by dribbling ball through either of other teams goals.

Progression
Teams now associate a number to a letter. Coach calls out a letter. The number that team has associated to that letter is the number of players to enter the area. This will create over loads. e.g. Team 1 A=2 B=3 C=1 Team 2 A=3 B=1 C=2

Coaching Points
Nearest player pressure ball
Angle and speed of approach
Body Shape to force play one direction or into traffic
Angle and distance of covering defender
2v3 Defending

Equipment
- Cones
- Balls
- Pinnies

Field Size
20x15 yard area with a goal

Set up/ rules
Defending players start either side of the goal. The central attacker passes ball to another attacker who sets the ball back. As this is happening 2 defenders enter play. 3 attackers look to score. Defending team look to win possession and cross attackers end line to gain a point.

Coaching Points
- Nearest player pressure ball
- Angle and speed of approach
- Body Shape to force play one direction or into traffic
- Angle and distance of covering defender
Defending 3v3 - Pressure

Equipment
Cones
Balls
Pinnies

Field Size
30x30 Yard area

Set up/ rules
Set out cones in three lines 10 yards apart. Place a ball on each cone. Split players into three teams. First player from each team runs out to apply pressure to the ball. Player holds body shape for 2 seconds before moving onto the next cone.

Coaching Points
Angle and speed of approach
Body Shape to force play one direction
Low centre of gravity
Communication

Defending 3v3 - Pressure & Cover

Equipment
Cones
Balls
Pinnies

Field Size
30x30 Yard area

Set up/ rules
Players now work in pairs, first player out applies pressure to the ball. Second player provides cover. Hold position for 2 seconds. Holding defender then moves to pressure next ball while second defender provides cover.

Coaching Points
Angle and speed of approach
Body Shape to force play one direction
Low centre of gravity
Angle and distance of covering defender
Communication
Defending 3v3 - Pressure, Cover & Switch

Equipment
Cones
Balls
Pinnies

Field Size
30x30 Yard area

Set up/ rules
Players now work in pairs, first player out applies pressure to the ball. Second player provides cover (#1). Hold position for 2 seconds. Covering player will then call switch and step forward to pressure while other defender drops back to cover (#2). Covering defender then moves to pressure next ball while second defender provides cover (#3).

Coaching Points
Angle and speed of approach
Body Shape to force play one direction
Low centre of gravity
Angle and distance of covering defender
Communication

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Defending 3v3 - Pressure, Cover & Balance

Equipment
Cones
Balls
Pinnies

Field Size
30x30 Yard area

Set up/ rules
Players now work in groups of 3, One player from each line. First player (#1) applies pressure to the nearest ball, #2 provides cover and #3 provides balance. #2 then moves to pressure next ball forward and #1 & #3 provide cover and balance. #3 pressures the last ball, #2 provides cover and #1 provides balance

Coaching Points
Angle and speed of approach
Body Shape to force play one direction
Low centre of gravity
Angle and distance of covering and balancing defender
Communication
Defending 3v3 - Pressure, Cover & Balance

Equipment
Cones
Balls
Pinnies

Field Size
30x30 Yard area

Set up/ rules
Add another line of cones to create three channels. Attacking team at one end with players in each channel, defending team at opposite end. Defending team pass ball across to any attacking player. Game is played as 3v3 with players are restricted to their channel so its 1v1 in each channel. Attacking team try to get ball over opposite end line. Defending team try and win possession and attack opposite end line

Coaching Points
Pressure, cover & balance - Angles and distances
Intercept, spoil or delay
Body Shape to force play one direction
Angle and distance of covering and balancing defender
Communication

Defending 3v3 - Pressure, Cover & Balance

Equipment
Cones
Balls
Pinnies

Field Size
30x30 Yard area

Set up/ rules
Attacking players are now free to move into any zone.

Progression
Take away channels and play unrestricted 3v3

Coaching Points
Pressure, cover & balance
Angle and speed of approach
Body Shape to force play one direction
Angle and distance of covering and balancing defender
Communication
GPS - DEFENDING 3v3

6v6
Equipment
Balls
Cones
Pinnies
Field Size
60x40 yard field
Set up/ rules
Both teams play 2-1-2
Coaching Points
Pressure, cover & balance
Angle and speed of approach
Body Shape to force play one direction
Angle and distance of covering and balancing defender
Communication

8v8
Equipment
Balls
Cones
Pinnies
Field Size
70x50 yard field
Set up/ rules
Both teams play 2-4-1
Coaching Points
Pressure, cover & balance
Angle and speed of approach
Body Shape to force play one direction
Angle and distance of covering and balancing defender
Communication