

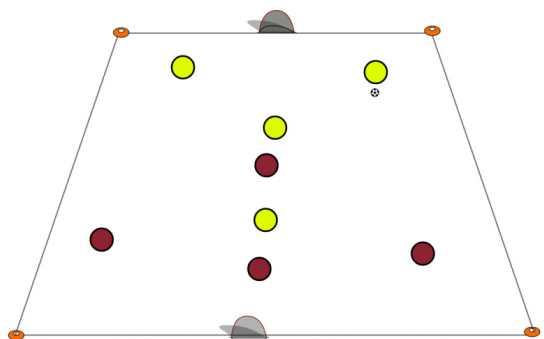
Select a Date

Week 6 - Grade 1 Clinic

Select team

Theme: Defending

Time:80 minutes



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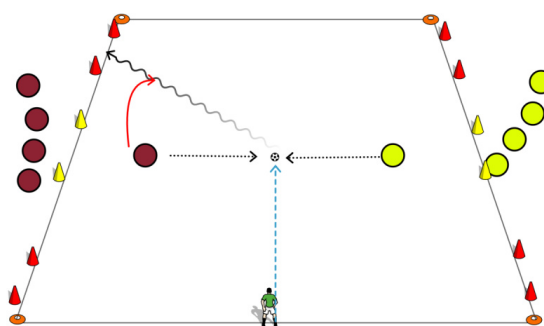
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Intentional Free Play

OBJECTIVE: 10 Minutes
As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS: N/A



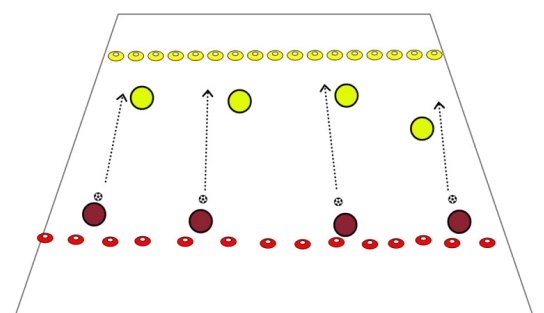
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OBJECTIVE: Teach players how to react quickly and engage in 1v1 battles for the ball.

ORGANIZATION: 15 Minutes. Set up a 15×15-yard grid. Split the group into two teams. Number each player on both teams. Coach rolls a ball into the middle of the field and the players from each team with that number sprint to the middle to win the ball. The player who wins possession tries to dribble the ball into one of the opposing teams goals.

COACHING POINTS: Focus on quick reactions and acceleration to the ball. Defenders should work on positioning and timing to win the ball back. Keep the body low and balanced when defending.



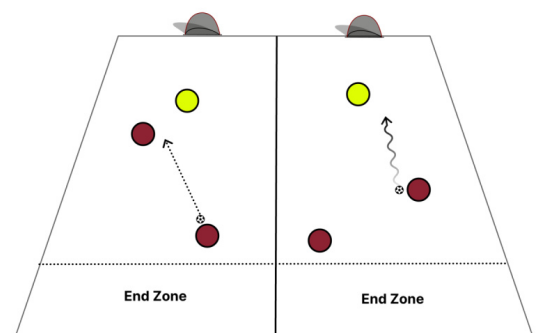
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OBJECTIVE: Develop individual defending skills, with a focus on using body positioning and timing to win the ball.

ORGANIZATION: 15 Minutes. Set up a 10×15-yard grid with a line marked at each end. Players work in pairs—one attacker and one defender. The attacker's goal is to dribble the ball across the defender's line, while the defender tries to block the path and win the ball and counter attack. Players take turns who starts with the ball. After 2 minutes swap partners.

COACHING POINTS: Emphasize the importance of jockeying—stay close but don't dive in too early. Encourage defenders to guide the attacker to the side by positioning their body correctly. Time the tackle when the attacker takes a heavy touch.



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OBJECTIVE: Teach defenders to handle situations where they are outnumbered, focusing on delaying the attack and waiting for support.

ORGANIZATION: 15 Minutes. Set up a 20×15-yard grid with a small goal at one end. Divide players into groups of three. Two attackers work together to score, while one defender tries to block their progress. If defender wins the ball they try to dribble to the end zone for a point. Rotate defenders and attackers after each round.

COACHING POINTS: Defenders should focus on delaying the attackers and not rushing to tackle. Encourage defenders to stay balanced and guide the attackers to one side. Defenders should watch for the opportunity to intercept a pass or win the ball when attackers make a mistake.