

Each session should be split into components:

Purpose:

GAME	~10 minutes	Engage the players as soon as they arrive. Ball touches!
SKILL INTRODUCTION	~ 10 minutes	Introduction of the core skill and warm up
SKILL TRAINING	~ 20 minutes	Repetition of skill in a game like scenario
SKILL GAME	~ 20 minutes	Small sided games with a focus on the core skill

AREA: 30m x 20m

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

FOCUS: **DEFENDING - JOCKEYING**

GAME

SET-UP:

Define your 30m x 20m area
See 'Skill Game' section for more info.

EXERCISE:

As the players turn up, give them a bib and get them into a game. It may start off 1 vs 1, 2 vs 1, 2 vs 2 etc... until everyone is there!

Allow the players to play.

COACHES ROLE:

Observe your players defending.

Do any of your players defend and JOCKEY with the correct technique?

If there is someone, use him or her as a ROLE MODEL later in the session to show the others.

JOCKEYING TECHNIQUE

WHAT IS JOCKEYING?

Jockeying is when you defend in a 1 vs 1 situation by slowing down the opposition attacker by guiding them in their movement, and attempting to win the ball.

TECHNIQUE:

1. Player must stand on a sideways angle to the attacker, with front shoulder pointing in their direction
2. Knees bent, shoulder width apart, on your toes
3. As the attacker moves forwards – Sideways walk/jog with them
4. Change of direction – As the attacker changes direction, pivot on your back foot, swinging your body around and continue with the jockey technique on the opposite side. Your chest **must always** face the attacker!
5. Tackling – As the attacker takes a big touch, or loses control, move your body in the way and steal the ball

SKILL INTRODUCTION

SET UP:

NA – Use the same field area

EXERCISE:

Split the players into pairs, facing each other, one player with a ball, on the sideline.

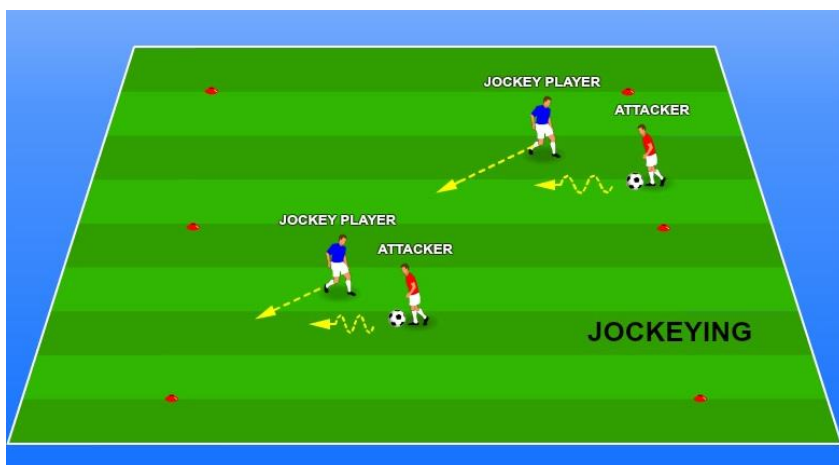
The ball player will dribble forward, changing direction slightly every 3-4 metres, until they get to the other sideline.

The 'jockeying player' will complete the jockey technique against the ball-controlling player.

PROGRESSION:

Swap over player roles & partners

Ask the ball controlling player to increase their intensity



SKILL TRAINING – LINE 1 vs 1 or END ZONE 1 vs 1

SET-UP:

NA – Using same field set up

EXERCISE:

Defender plays the ball to an attacker to initiate the 1v1 (blue → red).

Attacker must try to dribble across the end line.

Swap roles afterwards.

PROGRESSION:

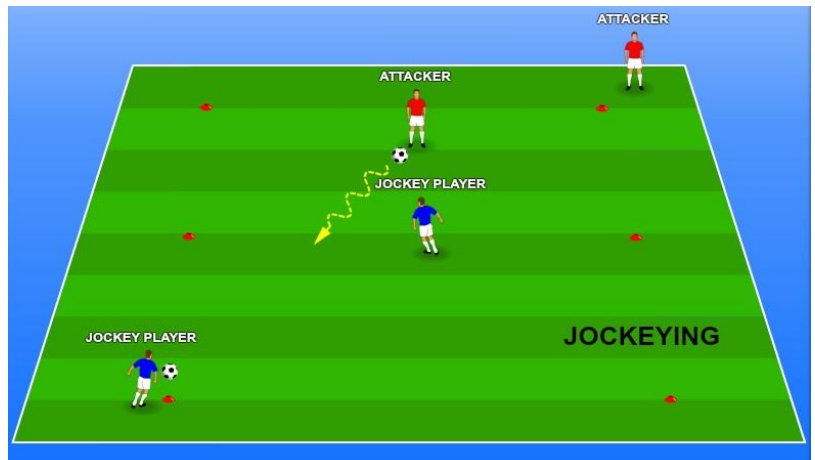
Include goals.

Attackers **MUST** be in the opposition half (or an end zone) to score

Keep points. Defender scoring = 2 points

COACHING POINTS:

As per the jockey technique guide.



SKILL GAME

SET UP:

Define a 30m x 20m field.

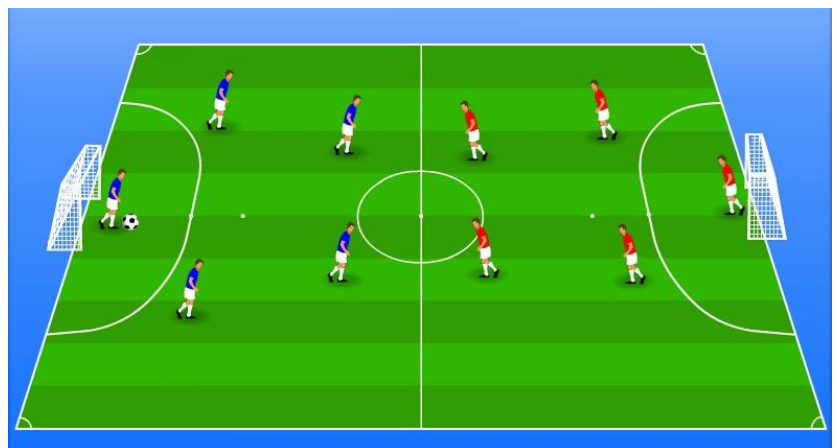
EXERCISE:

Play a game.

COACHES ROLE:

Observe to see if any players have improved their defending/jockeying technique.

If required, stop the game and question the players to test understanding.



COACH REFLECTION

Did you keep the players engaged?

Did you demonstrate or use role models?

Do you think the players learnt something?

Did the players enjoy the session?

What would you improve / do differently next time?