



# Aylesbury United Ladies & Girls Football Club

## Player Development From Home

### Defending (will require assistance to practice)



Core Skill Name	Movement, Challenge and Coaching Points	Challenge (for parents to use as guide to award level achieved)	Times Achieved
<b>Defending - Closing Down from Behind</b>  Will need a partner to be in possession of the ball. Should be able to achieve with left and right feet	See this <a href="#">link</a> for demonstration of the skill <ul style="list-style-type: none"> <li>• Close down quickly as the ball travels</li> <li>• Slow down as you approach the attacker</li> <li>• Get in touch tight - prevent attacker from turning</li> <li>• Bend the knees, stay sideways on to the ball</li> <li>• Mirror the attacker's feet</li> <li>• Prepare for next action - delay or tackle</li> </ul>	<ul style="list-style-type: none"> <li>• Level 1 – Quickly closes down the player and slows down as they approach</li> <li>• Level 2 – As above, also gets in touch tight to the attacker</li> <li>• Level 3 – As above, also bends their knees, stays sideways on to the ball and mirrors the attacker's feet</li> <li>• Level 4 – As above, also delays the attacker</li> <li>• Level 5 – As above, also tackles using their strong or weak foot – once gains possession of the ball is able to dribble it a few yards to demonstrate have control of it</li> </ul>	Once you have awarded your daughter a level, she is welcome to count how many times she can achieve this on her own and tell you. Once they move to a new level, they start again at Level J <ul style="list-style-type: none"> <li>• Level A – Between 451-500</li> <li>• Level B – Between 401-450</li> <li>• Level C – Between 351-400</li> <li>• Level D – Between 301-350</li> <li>• Level E – Between 251-300</li> <li>• Level F – Between 201-250</li> <li>• Level G – Between 151-200</li> <li>• Level H – Between 101-150</li> <li>• Level I – Between 51-100</li> <li>• Level J – Between 0-50</li> </ul>
<b>Defending - Closing Down from the Front</b>  Will need a partner to be in possession of the ball. Should be able to achieve with left and right feet	See this <a href="#">link</a> for demonstration of the skill <ul style="list-style-type: none"> <li>• Close down quickly</li> <li>• Slow down as you approach the attacker</li> <li>• Angle of approach is from the side</li> <li>• Bend the knees, stay sideways on to the ball</li> <li>• Prepare for next action - delay or tackle</li> </ul>	<ul style="list-style-type: none"> <li>• Level 1 – Quickly closes down the player and slows down as they approach</li> <li>• Level 2 – As above, angles approach so coming in from the side of the attacker</li> <li>• Level 3 – As above, also bends their knees and stay sideways on to the ball</li> <li>• Level 4 – As above, also delays the attacker</li> <li>• Level 5 – As above, also tackles using their strong and weak foot – once gains possession of the ball is able to dribble it a few yards to demonstrate have control of it</li> </ul>	If they are able to perform the drill using their left and right feet, they just need to do it roughly equal times with both feet to achieve a
<b>Defending - The Block Tackle</b>  Will need a partner to be in possession of the ball. Should be able to achieve with left and right feet	See this <a href="#">link</a> for demonstration of the skill <ul style="list-style-type: none"> <li>• Position is side on</li> <li>• Place non-tackling foot next to the ball by stepping forward</li> <li>• Ankle locked with toe pointed up</li> <li>• Tackle with the foot moving away from the player</li> <li>• Drive through the centre of the ball</li> <li>• Tackle using your full body weight</li> </ul>	<ul style="list-style-type: none"> <li>• Level 1 – Gets in correct position to make the tackle and approaches from the side</li> <li>• Level 2 – As above, also places non-tackling foot next to the ball</li> <li>• Level 3 – As above, also has ankle locked with toe pointing up</li> <li>• Level 4 – As above, also tackles with the foot moving away from the attacker</li> <li>• Level 5 – As above, also drives through the centre of the ball and tackles using their full body weight to gains possession of the ball and dribbles it a few yards to demonstrate have control of it</li> </ul>	

Core Skill Name	Movement, Challenge and Coaching Points	Challenge (for parents to use as guide to award level achieved)	Times Achieved
<b>Defending - The Poke Tackle</b>  Will need a partner to be in possession of the ball. Should be able to achieve with left and right feet	See this <a href="#">link</a> for demonstration of the skill <ul style="list-style-type: none"> <li>• Poke the ball using the front foot (one closest to the ball)</li> <li>• Lock the ankle</li> <li>• Weight is on the back foot</li> <li>• Poke the ball at an angle (diagonal)</li> <li>• Body weight forward to gain possession</li> </ul>	<ul style="list-style-type: none"> <li>• Level 1 – Gets in correct position to make the tackle and approaches from the side</li> <li>• Level 2 – As above, also pokes the ball using their front foot</li> <li>• Level 3 – As above, also lock their ankle and put body weight on the back foot</li> <li>• Level 4 – As above, also pokes the ball at a diagonal angle</li> <li>• Level 5 – As above, also gains possession of the ball and dribbles it a few yards to demonstrate have control of it</li> </ul>	level e.g. to achieve Level A, they just need to do it approx. 250 times with each foot, not 500