



Year 7 Football: Lesson 4 – Jockeying

Big Question

How can we develop our defending play to prevent attacking opportunities?

Warm Up

Why is a warm up so important before starting a training session or playing in a match?

1. Watch this video clip to find out the answer to this.
2. Complete the warm up demonstrated in the video clip.
3. Has it worked? Do you feel more ready to play?

<https://www.youtube.com/watch?v=7cL5j4pOn80>



Revision

1. Set up a dribble slalom using cones or other items as obstacles. Practice your dribbling using the different techniques that you have learnt.
2. Working with a partner practice the different techniques used for passing and shooting a ball that you have learnt in the previous lessons.

Jockeying

What is jockeying?

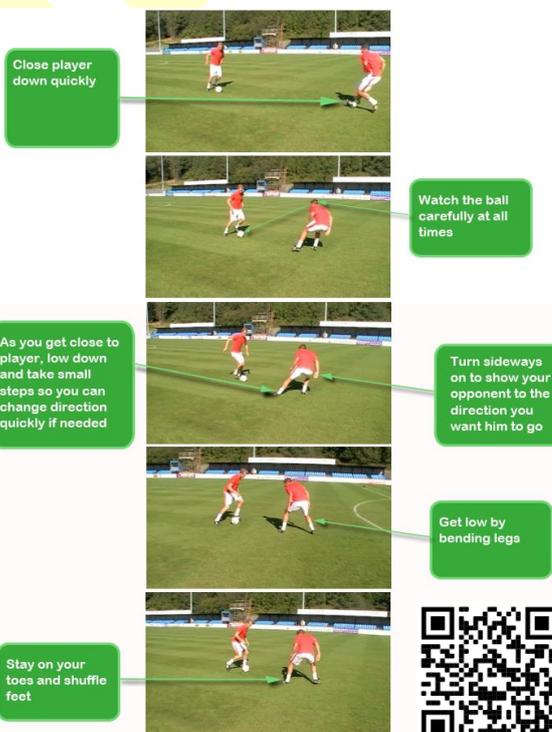
Jockeying describes the defensive position you should get in to when you are defending against a player who is dribbling the ball. The aim of jockeying is to put your opponent under pressure to draw out a mistake. Jockeying prevents the opponent from dribbling past you and creates opportunities to make a tackle.

Activity - technique

To practice your jockeying it is best to have a partner who is dribbling the ball towards you. If this is not possible you can still do the practices 'imagining' that there is a player dribbling towards you.

1. Your partner dribbles the ball slowly towards you in a straight line. You must practice getting in to jockeying position and shuffling backwards to stay ahead of them. Don't tackle them, just jockey.
2. As above, but your partner moves the ball left and right so that you have to adjust your position and even face the other way. They can also begin to dribble faster to make it harder!

When completing these technique activities focus on the coaching points.



Get inspired! Take it to the next level.

<https://www.youtube.com/watch?v=ysQbqpdo8Os>

Activity 2 – 1v1

Once you have mastered the jockeying position, challenge your partner to a 1v1 challenge. Take it in turns to start with the ball. The aim of the challenge is to stop your opponent from dribbling past you. Take it in turns to be the defender.

Up the challenge.

If you have enough people to join in, why not try 2v2 or even 2v1. Can you still stop them from getting past you?