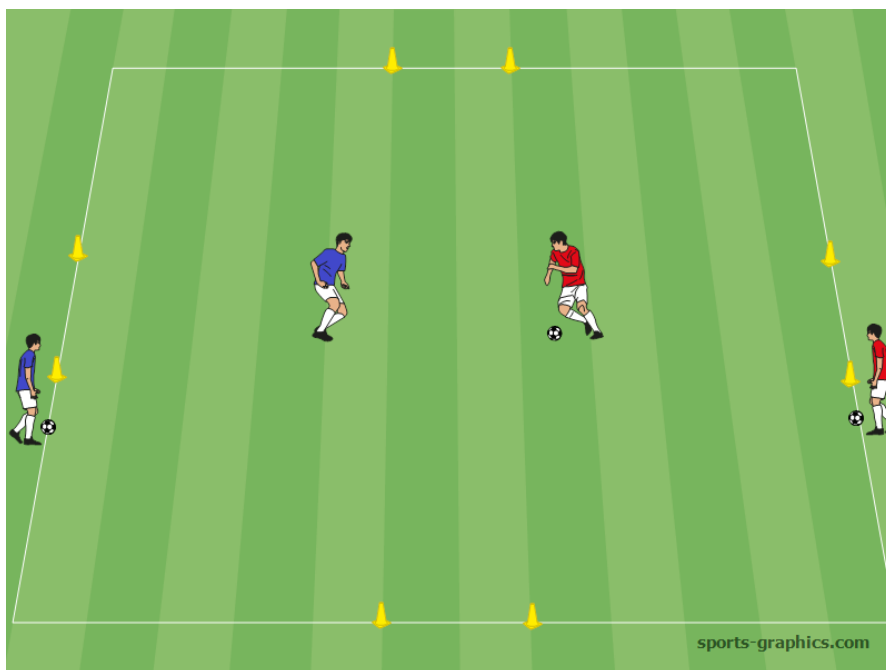


1v1 DEFENDING THE SIDES AND BEHIND

Improve individual defending in 1v1 situations

TECHNICAL

Defending



becoming the new attacker.

Place spare balls at either end for fast re-starts.

Defending 1v1

Create a 15x15 playing area. Add a small gate on each side.

Players work in pairs, with one ball for each pair.

The attacking player starts behind one of the gates and the defending player starts in the middle.

The attacking player attempts to dribble through any of the three gates.

If the attacking player dribbles through either of the side gates they score one point.

If they dribble through the opposite gate they score two points.

The defending player tries to stop the attacker from scoring.

After each attack, the roles change with the attacker becoming the defender and the player waiting on the opposite side

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Forcing play to make play predictable.
- Individual defending skills (jockeying, tackling).
- To improve basic defending objectives based on defensive principles.

KEY FACTORS

- Close ball quickly
- Communication
- Good body shape (low and side on)
- Make play predictable
- Patience

FOCUS AREAS

- Covering support, balance, recovery.
- Individual responsibilities - who presses the ball? How and with what intention? When does the press begin? How does the team prevent a change of play?
- Intelligent 1v1 defending skills.
- Make play predictable.
- Positioning of defenders (individual/team).
- Track runners and step up if attackers make bad runs.
- When to pressure and when to concede ground.

1v1 DEFENDING THE SIDES AND BEHIND

Improve individual defending in 1v1 situations

