

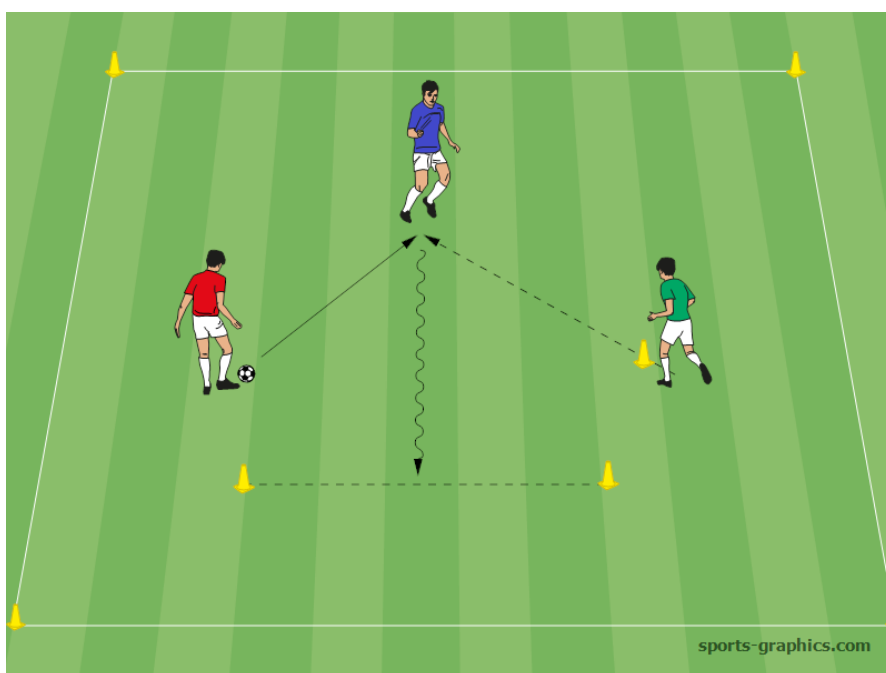
SERVER, ATTACKER, DEFENDER

Improve individual defending in 1v1 situations

TECHNICAL

Defending

Defending 1v1



In a 20x20 playing area, mark out a 10yd end line.

Arrange players into groups of three.

The feeder (red) plays the ball to the attacker (blue) and as the ball is travelling, the defender (green) closes down the attacker.

The defender attempts to win the ball in a 1v1, trying to stop the attacker from crossing the end line.

Rotate roles after each attack.

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.
- How and when to win the ball.
- Individual defending skills (jockeying, tackling).
- To learn the correct body shape when jockeying.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Good body shape (low and side on)
- Light on the feet
- Make play predictable
- Patience
- Win the ball if possible

FOCUS AREAS

- Attack the ball carrier as soon as possible.
- Balanced, controlled 1v1 defending skills.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Demonstrate the correct technique.
- Good defending is to make play as predictable as possible - with good body shape, players can force where they want the attacker to go with the ball.
- Observe body position (low and side on).
- Reading the intention of player in possession.
- Role of pressing player.
- Speed and angle of approach to ball.

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