

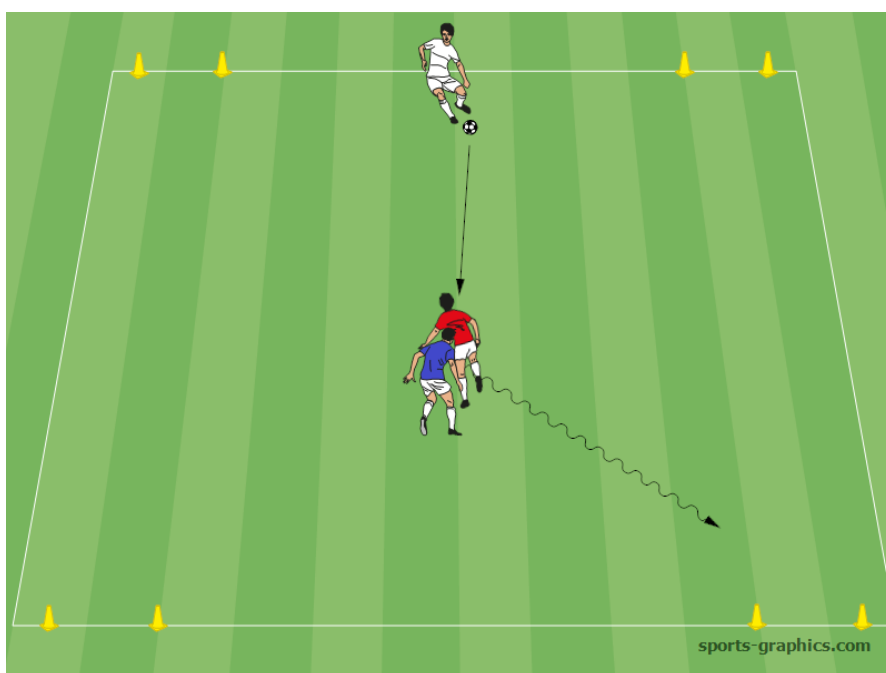
1v1 DEFENDING FROM BEHIND

Improve individual defending in 1v1 situations

TECHNICAL

Defending

Defending 1v1



Set up a 15x15 area with four small gates. Players are divided into three (servers, attackers, defenders).

Server starts with the ball at the side of the area, and passes into the attacker who is closely marked by the defender.

The attacker receives the ball and attempts to turn to score a goal by dribbling the ball through the gates behind the defender. To keep it realistic it is important that the attacker moves and communicates with the server rather than receiving the pass from a static position.

If the defender wins the ball, they counter attack by dribbling the ball through the opposite end gates.

Rotate the server, attacker, and defender after a short period of time or rotate after each attempt.

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).

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

- 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.
- Distance from ball when pressing.
- Good individual defending technique (jockeying, positioning and tackling).
- Intelligent 1v1 defending skills.
- Knees should be bent so that the ball can be seen through the attackers legs (avoid looking over the attackers shoulder or around the body as this will allow a turn to the opposite side).
- Make play predictable.
- Observe body position (low and side on).

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