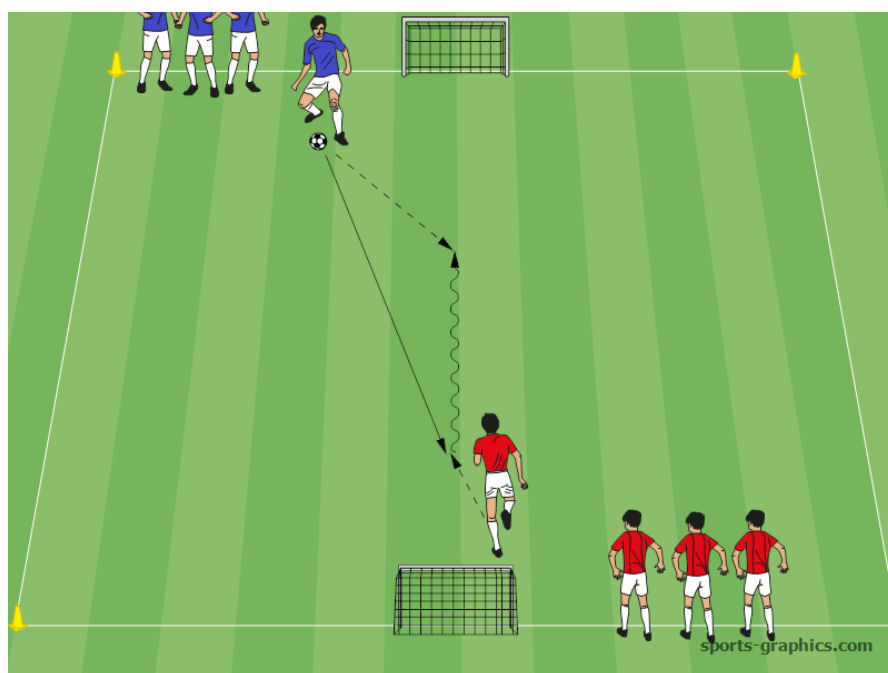


DEFENDING IN A 1v1

Improve individual defending in 1v1 situations

TECHNICAL

Defending



Defending 1v1

Set up a 25x25 playing area with a small goal at each end.

Size of the playing area can be adjusted if necessary.

Divide players into two teams, each with a goal to defend.

One player from each team starts, with a player passing the ball into the opposition.

The player who receives the ball is now the attacker, and the player who passed the ball is the defender.

The defender (blue) must stop the attacker (red) from scoring in the small goal.

If the defender wins the ball, they can attack the goal opposite.

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
- Counter quickly
- 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.
- Distance from ball when pressing.
- Intelligent 1v1 defending skills.
- Make play predictable.
- When to pressure and when to concede ground.

DEFENDING IN A 1v1

Improve individual defending in 1v1 situations

