

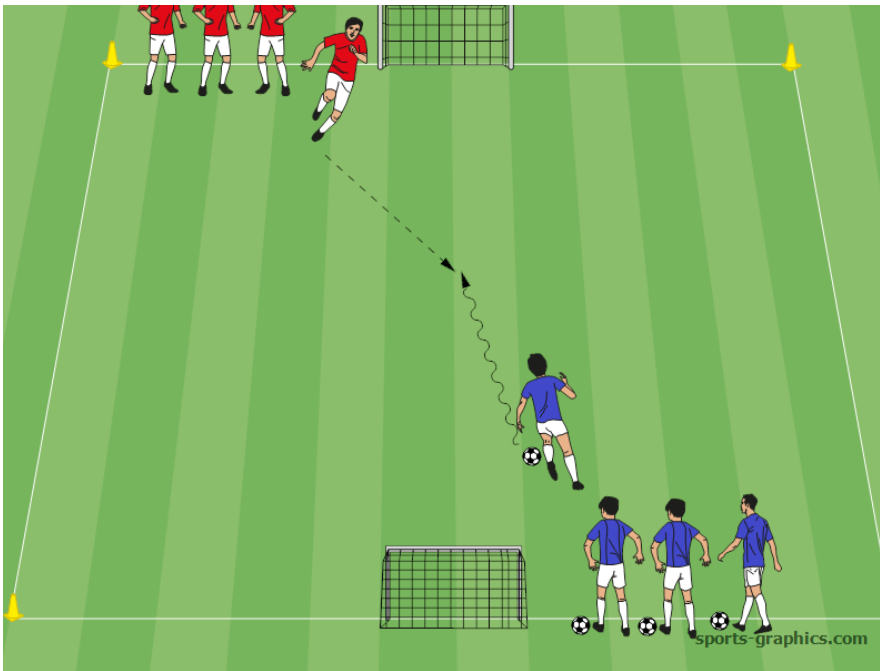
CONTINUOUS 1v1

Develop defending principles in a skill related practice

TECHNICAL

Defending

Defending 1v1



Set up a 35x30 playing area with a goal at each end.

Size of playing area can be adjusted if necessary.

Divide players into two even teams of attackers and defenders.

Both teams start behind the goals.

The attackers begin with a ball each and attack the goal one at a time.

A defender tries to win the ball/stop the attacker from scoring.

The attackers get one point for scoring, as do the defenders if they succeed in defending.

As soon as the ball is dead the next pair start.

Ensure the intensity is there and the transition is quick.

Rotate teams.

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.
- To improve basic defending objectives based on defensive principles.

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.
- Individual defending technique (body shape, jockeying and tackling).
- Intelligent 1v1 defending skills.
- Make play predictable.
- Role of pressing player.
- Speed and angle of approach to ball.
- To improve individual defending in 1v1 situations.

CONTINUOUS 1v1

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