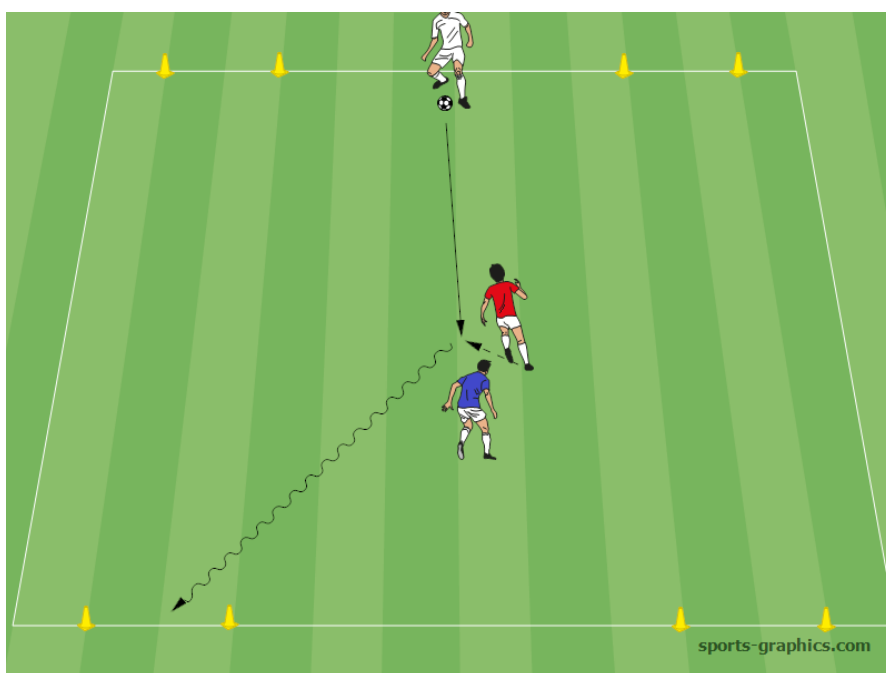


PREVENT TURNING 1v1

Improve individual defending in 1v1 situations

TECHNICAL

Defending



Defending 1v1

Set up a 15x15 area with four small gates. Players are divided into three groups (servers, attackers, defenders). Server starts with the ball at the side of the area and passes into an attacker who is closely marked by a defender. The attacker and defender can move prior to the attacker receiving the ball - the defender can intercept if capable. The attacker receives the ball and attempts to turn to score a goal by dribbling the ball through the gates behind the defender. 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.
- Covering support, balance, recovery.
- Distance from ball when pressing.
- Intelligent 1v1 defending skills.
- Make play predictable.
- Observe body position (low and side on).
- Positioning of defenders (individual/team).
- Reading the intention of player in possession.

PREVENT TURNING 1v1

Improve individual defending in 1v1 situations

