

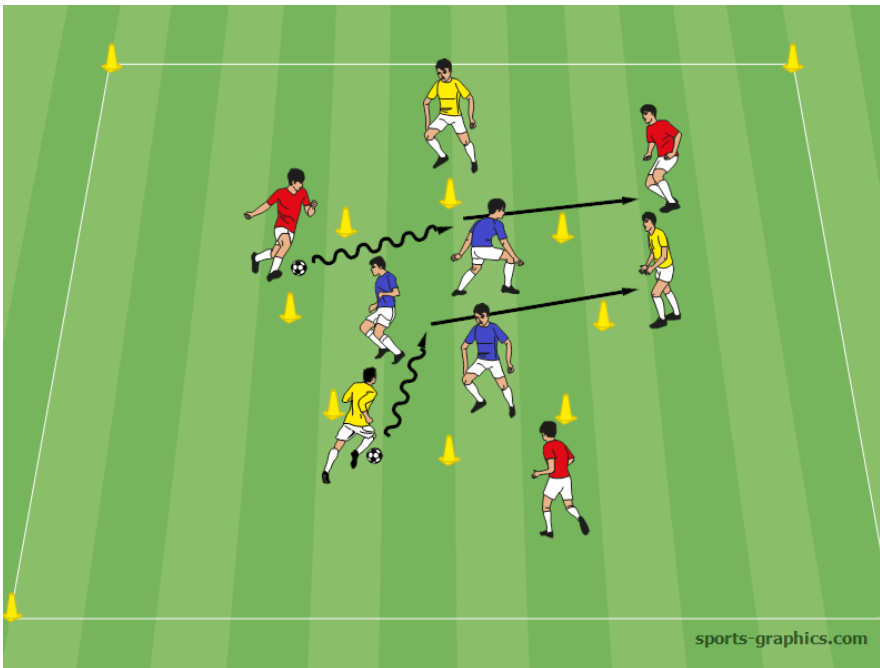
# IN AND OUT

Develop defending principles in a skill related practice

TECHNICAL

## Defending

## Defending 1v1



Set up a 25x25 playing area and mark out a central circle.

Divide the players into equal teams – one team will defend within the circle and two teams will attack from outside.

Attackers have a ball per team.

Attacking player with the ball attempts to dribble into the inner circle before passing to a teammate outside the circle.

This is repeated. A point is scored for every successful in-and-out.

The defenders can attempt to tackle or intercept. When successful, they swap with one of the attacking teams.

This practice can be played as one large game or in smaller ability appropriate groups as per the diagram.

## 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

- Ball oriented defending and support.
- Forcing play to make play predictable.
- To learn the correct body shape when jockeying.

### KEY FACTORS

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

### FOCUS AREAS

- Balanced, controlled 1v1 defending skills.
- Covering the pressing player.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Distance from ball when pressing.
- Individual defending technique (body shape, jockeying and tackling).
- Intelligent 1v1 defending skills.
- Reading the intention of player in possession.
- Tackling off front and back foot.
- To improve individual defending in 1v1 situations.

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