

INDIVIDUAL ROLE AS A DEFENDER

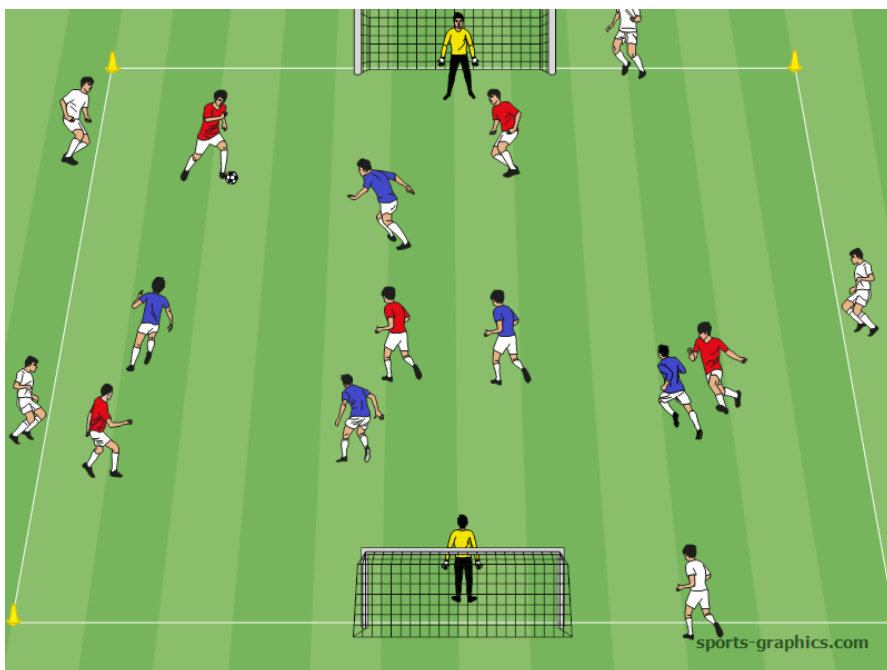
Improve individual defending in 1v1 situations

TECHNICAL

TACTICAL

Defending

Defending 1v1



Goalkeepers remain where they are.

Set up a 50x35 playing area with a goal and goalkeeper at each end.

Adjust size of playing area if necessary.

Divide players into three even teams. Two teams play, one team is on the outside as neutrals.

Teams attempt to score but can only do so after playing through an outside player.

The player who passes to one of the outside players cannot receive the ball back straight away so the outside player will require support.

Players can only be tackled by a nominated individual opponent from the other team.

This simulates a 'man marking role' and will create 1v1 opportunities both in attack and defence.

Teams play for an allocated time before swapping with the outside players.

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.



Modified Small Sided Game

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.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Distance from ball when pressing.
- For optimal coordination, players have to coach each other.
- Intelligent 1v1 defending skills.
- Make play predictable.
- Marking positions.
- Tackling off front and back foot.

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