

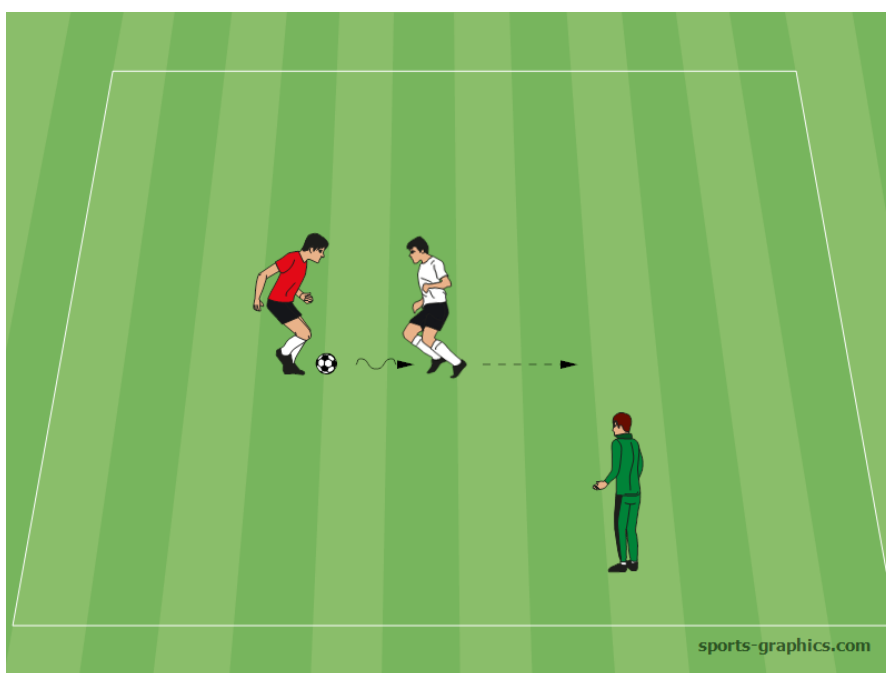
JOCKEYING 1v1

Improve jockeying technique

TECHNICAL

Defending

Defending 1v1



Use an area of 10x15 for each pair of players.

The player with the ball dribbles toward the far line cutting left and right while the defender moves backward in a jockeying position (side on) NOT trying to win the ball but moving so they stay side on keeping at least two yards away.

When they arrive at the other end they swap roles.

Make sure that all players do this at a slow speed to start with and then increase.

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 to slow the dribblers approach.
- 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
- Patience

FOCUS AREAS

- Balanced, controlled 1v1 defending skills.
- Distance from ball when pressing.
- Good individual defending technique (jockeying, positioning and tackling).
- Intelligent 1v1 defending skills.
- Keep constant pressure on the ball carrier.

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