



# PLAY – 1v1 Defending

## Focus: Developing players ability at 1v1 defending

### Explanation

- Start with a game, as players arrive form a 1v1, 2v1 up to 3v3 game.
- Two teams, each team are trying to score in opposing goals.

### Coaching points

- See the attacker having lots of time on the ball: Say 'can you arrive on their touch to put them under pressure earlier'.
- See the player getting beat by attempting to tackle with front: Say 'can you tackle with your back foot'.
- See the players approaching the attacker square on: Say 'can your body position be side on'.

### SO-CHANGE-IT

- Restrictions of where players can shoot from in their attacking half.
- Defenders that win the ball back and then score, results in double points.
- Each player is responsible for one opposing player each and can only tackle that player.

### Repeat Play at the End

- Encourage players to attempt 1v1 in possession of the ball.
- Always end with a game, uneven numbers are fine.





# PRACTICE – 1v1 Defending

## 1v1 Tail Tag

### Explanation

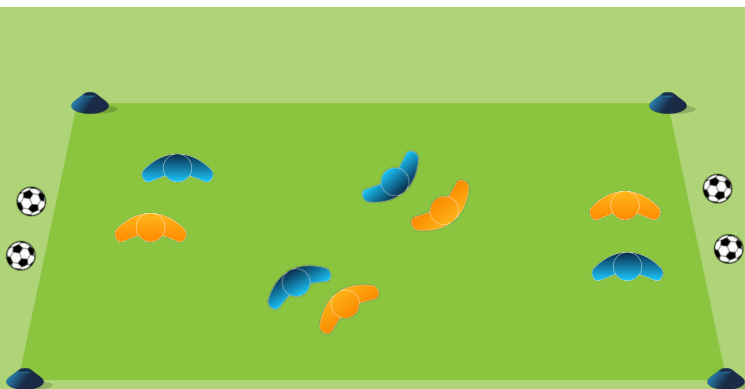
- Each player starts with a bib tucked into the back of their shorts.
- They must try to steal each other's tail.
- Players get into pairs.
- One pair starts with the ball and must try to protect their tail and keep the ball from their partner.

### Coaching Points

- See the attacker having time on the ball: Say 'can you arrive on the players first touch to put them under pressure'.
- See the player getting beat by attempting to tackle with front: Say 'can you tackle with your back foot'.
- See the players approaching the attacker square on: Say 'can your body position – side on'.

### SO-CHANGE-IT

- Winners move left and losers move right.
- Introduce with a ball, still players are trying to steal the bib.



## Shadow 1v1

### Explanation

- Setup 2 goals on each side of the pitch.
- Organise players into pairs, each player attacks in one direction, but can score in either goal.
- All players play at the same time and try to score.
- After 1min change partners and play against someone else.

### Coaching Points

- See the attacker having time on the ball: Say 'can you arrive on the players first touch to put them under pressure'.
- See the player getting beat by attempting to tackle with front: Say 'can you tackle with your back foot'.
- See the players approaching the attacker square on: Say 'can your body position – side on'.

### SO-CHANGE-IT

- Change the orientation of the pitch.



## Cross the Troll Bridge

### Explanation

- One player starts as the troll, all other players start with a ball along the sideline.
- On the troll's signal, players attempt to cross the bridge by running with their ball.
- The troll attempts to gain possession of a player's ball, before they reach the opposite sideline.
- Player who loses possession of the ball changes place with the troll.

### Coaching Points

- See the attacker having time on the ball: Say 'can you arrive on the players first touch to put them under pressure'.
- See the player getting beat by attempting to tackle with front: Say 'can you tackle with your back foot'.
- See the players approaching the attacker square on: Say 'can your body position – side on'.

### SO-CHANGE-IT

- Use smaller grid with less players to increase 1v1s.
- Increase number of trolls.

