



PLAY – 1v1 DEFENDING

Focus: Developing players ability at 1v1 defending

Explanation

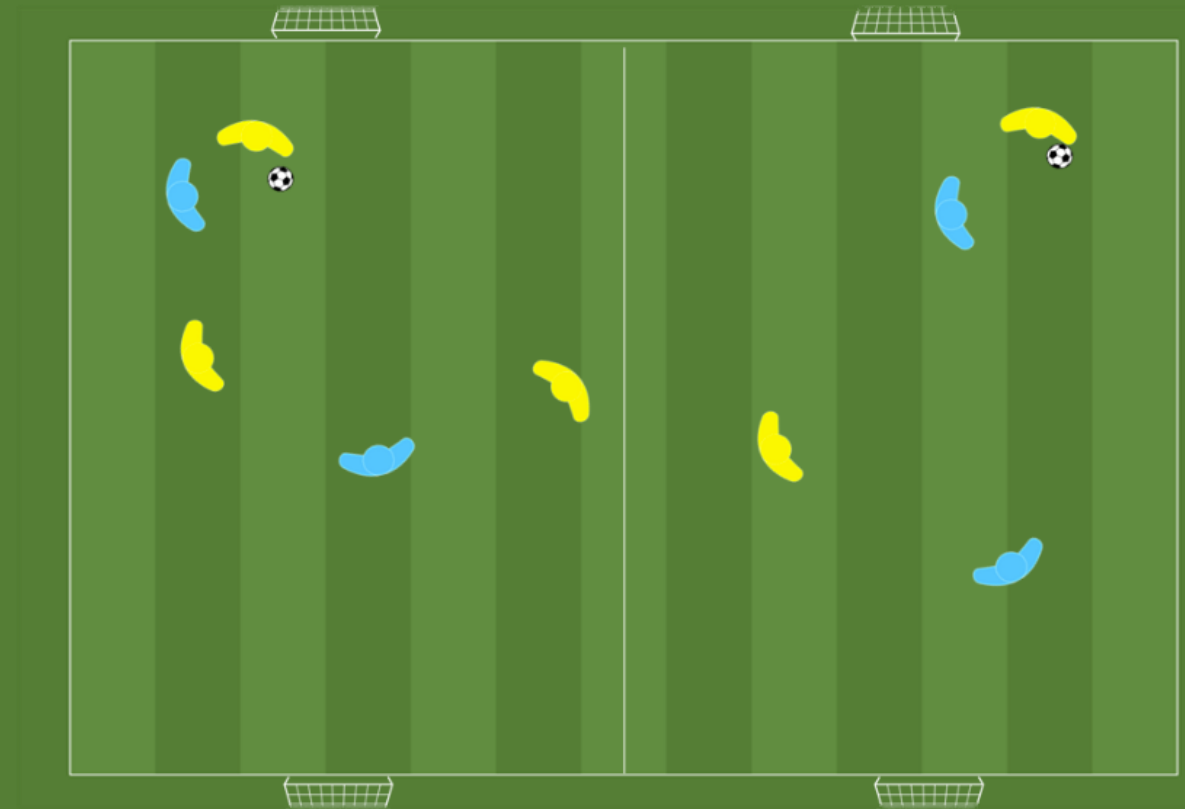
- Have an area set up so that as the players are arriving, they can get straight into a game.
- The area should be split into two fields as shown so that the numbers stay small.
- It might start off as 1v1, 2v1, 2v2, 3v2, and build to 3v3 per field.

Coaching Points

- Can you stop the player with the ball from getting the ball past you?
- Anticipate the moment to tackle and win the ball back.
- If you win possession of the ball, can you counter quickly to score?

SO-CHANGE-IT

- If you have more than 12 players, then either set up 3 fields or go to 4v4+.
- Not enough small goals? Then use cones or poles.





PRACTICE – 1v1 DEFENDING

Focus: Developing players ability at 1v1 defending

Explanation

- Using the same areas as the Game Play, split the players into groups or 3 or 4.
- In the areas split them again so that one colour group starts one side (blue) and the other colour (orange) starts opposite with the ball.
- An orange player passes the ball across to a blue player on the other side.
- As soon as the blue player take their first touch, the orange player then enters the area to create a 1v1.
- The blue player tries to get past the orange player to score in the small goal.
- If the orange player wins the ball back from the blue player, they try to score in the small goal near the blue group.

Coaching Points

- Shut the ball carrier down quickly.
- Slow down as you get closer to the ball.
- Get low so that you can change direction quickly if needed.
- Show the opponent away from the goal.
- Can you see an opportunity to win the ball back?
- If you win the ball back, can you quickly counter and score.

Repeat Game Play

- Return to the first game set up for the last part of your session.
- Has the players 1v1 defending skills improved?

