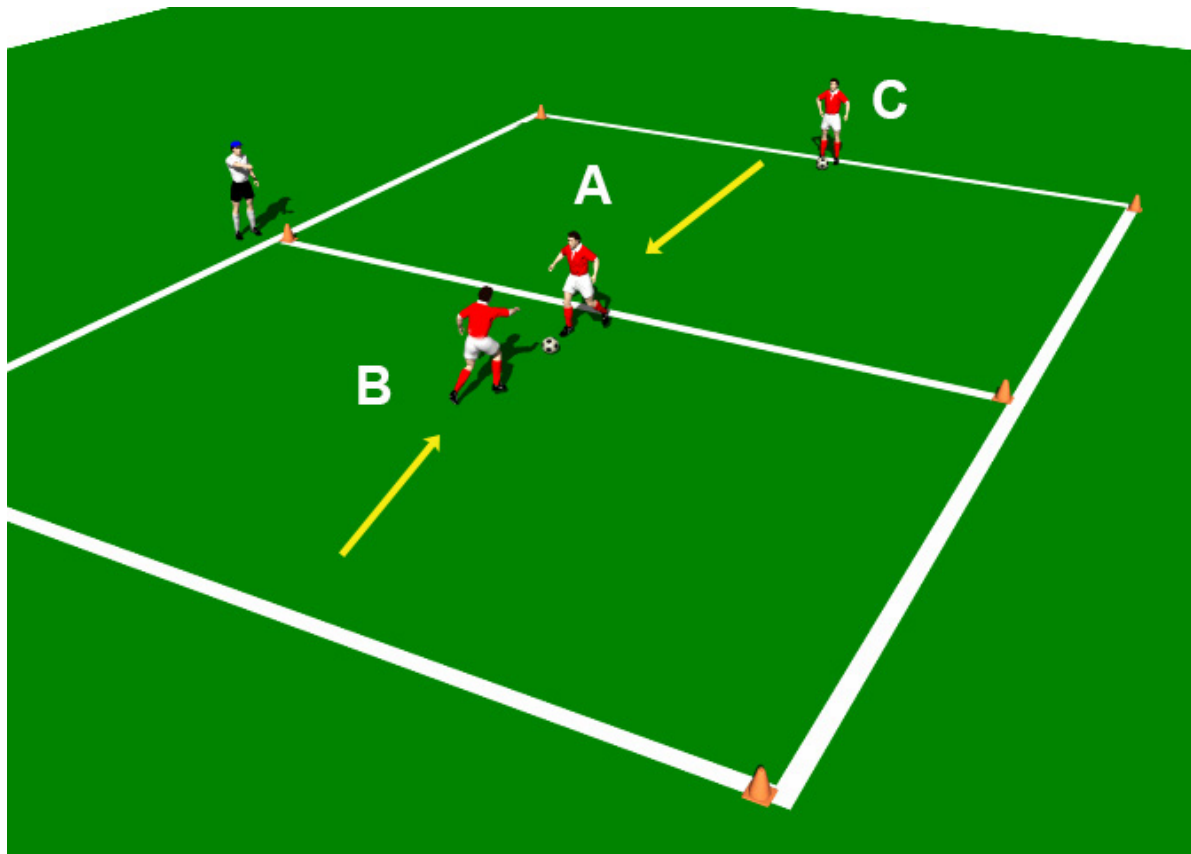


Rotating 1v1 Defending Drill



Exercise Objectives:

This is a 1 v1 defending exercise that can be used for players at all ages and levels of ability. The coach should focus on technique of the defender in a 1v1 situation.

Field Preparation

- ☆ Entire Group
- ☆ Center Circle on field
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Colored Bibs

Coaching Pointers:

Divide your team into groups three. Place three players in an area 8 x 15 Yards. The sequence starts when player "A" passes the ball to player "B". Player "B" returns the pass. Player "A" then attacks player "B" with the ball and tries to score a goal between the two end cones. The defender must try to prevent the attacker from dribbling the ball through the end cones. After attacking, the player becomes the defender and the defender recovers to the end to be an attacker. Player "C" now attacks player "A".

Focus On:

- ☆ Quick tempo when defending (speed is the key)
- ☆ Realistic full pressure defending.

Knowing "When" and "When" not to tackle is a very important quality for smart defending. Good defenders will pick the right time to win the ball, knowing that the pressure is on the attacker to beat his man. Experienced defenders will look to slow down the attacker and eliminate the momentum the attacker may have. This allows time for teammates to recover back goal side of the ball.

Tips to Consider:

Approach the attacker cautiously if he has good possession of the ball. Slow down your approach speed on your last few steps. Don't stop too close to the defender. This is when you are at your most vulnerable, because the exact moment you plant your feet to transfer your weight, good forwards will play the ball past you. You can compensate by stopping approximately 2 yards away from the attacker, then slowly edge in for the tackle. Watch the ball. Cunning forwards will use a variety of body and head feints to throw you off balance. Players lie, but the ball does not.