

Defend 1v1

Saturday, 08 December 2007

This drill is for players to work on individual defending. (Beginner)

Click image to view all steps.

{gallery}2008{/gallery}Steps:

- Player C (yellow) starts with the ball off to the side. Player C (yellow) plays the ball toward player A (red). Both players A (red) and B (blue) come into the field of play.
 - Player A (red) meets the ball and goes at player B (blue). Player B (blue) defends player A (red) trying to prevent player A (red) from scoring or getting by. To score you must dribble the ball over the end line.
 - Once a player scores, rotate the players.
- Setup:
- Create field of play 10x12
 - 3 players: Players A and B (1 at each end), Player C off to the side starting with the ball.
- Variations:
- Player C plays the ball to Player A in the air
 - Player B starts on the field of play before player A receives the ball
- Tips:
- Add player C in as a defender as well.
 - Player B should be conscious of their positioning on the field.
 - Put the appropriate amount of pressure on the offensive player making it difficult for them to get by and score. Try channeling Player A (red) toward the sideline limiting the amount of space they have to work with.