

Defensive Technique - 1 v 1



Coaching Points

This practice is designed to improve each players "one on one" defending skills. It also provides a good workout for the goalkeeper.

Place a goalkeeper in goal. Position a group of players with a ball each in the center of the field. Place a defender in each side goal as shown in the diagram above.

The practice starts with the first attacker in-line. The attacker places a firm shot for the goalkeeper to save (they are not trying to score). When the goalkeeper catches the ball he then throws it to one of the wide defenders. The attacker turns and receives a first time pass from the defender. After receiving the pass, the attacker has to try and beat the defender and score in the wide goal. The defender must try to prevent the attacker from scoring.

When the attack is ended, the attacker then becomes the next defender, and the defender joins the line of attackers. On the next attack, the goalkeeper serves the ball to the opposite side of the field, to alternate the sides.

A point is awarded each time the defender successfully defends their goal.

Encourage goalkeepers to throw and kick the ball when distributing wide.

The coach should emphasize the following coaching points to the defenders:

- Close the ball down quickly after you have passed to the attacker.
- Maintain a position between the ball and the goal.
- When defending, bend the knees and keep the body low. (Don't stand tall, stand small). This position enables the legs to be "spring loaded" to change direction quickly.
- Leg position should be with one leg behind the other.
- Pivot using the back foot when changing direction from side to side.
- Keep the upper torso forward, this is crucial for changing direction from a backwards to forwards position quickly.
- Squeeze the defender away from the goal.

Notes:

