

# 1v1 Defending Drill

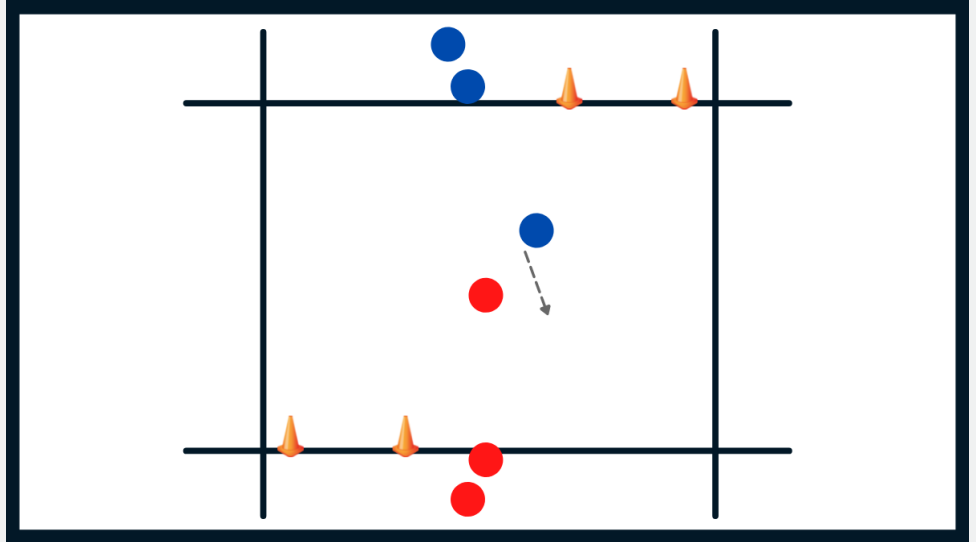


**Age:** 7+ Years

**Players:** 6-16

**Topic:** 1v1 Defending

**Duration:** 10-20 Mins



## Set Up The Drill:

Mark off a 12x18 yard grid with small cones. Using tall cones or pugs, set up 2 small goals diagonally across from each other as shown in the drill diagram above. Split players up into two groups and have them line up in teams facing each other to the right-hand side of each goal. If you have more than 6 players we'd recommend setting up multiple grids to increase the number of touches and repetitions each player has. Have a supply of balls ready for each grid.

## Instructions:

Play begins with the first player in line from one team passing the ball to the first player in line from the other team. They compete in a 1v1 duel against each other, trying to score on the goal they are facing. The duel is over after a goal is scored, the ball leaves play, or 60 seconds elapses. Repeat the activity with the next players in line. After 5 minutes of play alternate the team playing in the original pass. Whichever team scores the most goals overall wins!

## Coaching Points:

Use the rhyme "**fast, slow, side-on, low!**" to help the players remember how to defend in 1v1 situations. This corresponds to the following:

- Players should close the ball down as quickly as possible after making the first pass (**fast**).
- Players should then slow down as they approach the attacker so as to not get beaten behind immediately (**slow**).
- Players should adjust their body position so they are side on to the ball and the attacker (**side-on**) with their knees bent. (**low**). They should also angle their approach slightly to try and lead the attacker away from the goal they are defending.