



1v1 Defending from behind

Category: Functional: Defender
Difficulty: Moderate

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Individual-Adult Member

Screen 1

Set up is normally and 15x15 yard grid. Players set up with one yellow and one blue inside the box and each team places two players opposite each other outside the box between two cones forming a gate that is approx 4-5 yards wide. The exercise is 1v1 defending from behind.

The yellow players on the outside play the ball into their player inside the box who attempts to turn and play the opposite player outside. They can play back out and reposition themselves and the defender will have to stick with them.

Coaching Points:

1. Touch tight to the attacker
2. Force them one way
3. Knees slightly bent on toes
4. Sideways on



Screen 2

Progression 1:

If player B can turn and play out the opposite side, Player A who passed in checks to the ball and switches with player B. The defender is now forced to check their shoulder and drop or move to deny the attacker the passing lane.



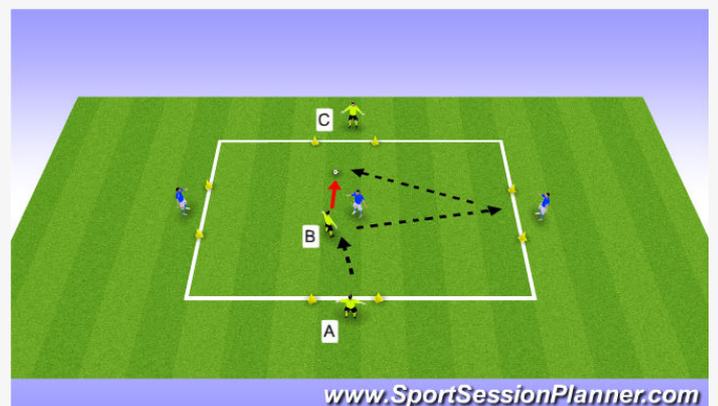
Screen 3

Progression 2:

Player B can now combine with just one of the blue players that can be determined by the coach, the attacker, and the defender (allow attacker and defender to choose at some point). Player B has to receive the ball back in order to play out to the opposite yellow player C.

Progression 3:

Player B can combine with both blue players on the outside



Screen 4

Progression 4:

Player A can join B to play 2v1 to get the ball to C. If the ball gets to C then player A stays in to be the attacker.



Screen 5

Progression 5:

If player A or B get the ball to the opposite side, the defender in the middle runs out and switches with one of their outside players who comes in from the side to defend. There will be one player from each team running out and one from each team running in. This will teach defenders to keep their eyes on the ball and the player making the run (head on a swivel).



Screen 6

Progression 8:

The beginning of 3v2 to target. Play target and one of the attacking players drops and the defending team now attacks 3v2.

Coaching Points:

1. 1st and 2nd def roles
2. Angles and distance
3. No split passes

