

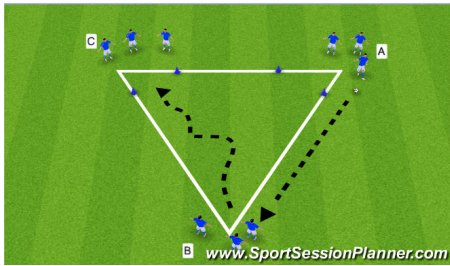


1v1 - 3v3

Category: Functional: Defender
Difficulty: Beginner

Steve Davis, Westchester County, United States of America
Individual-Adult Member

Screen 1



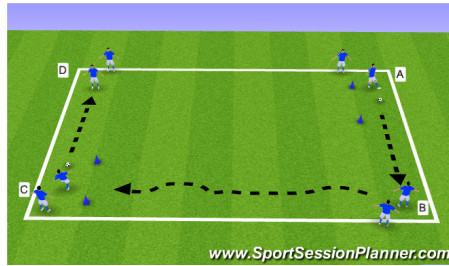
Set Up a triangle 15x15x15 (smaller if necessary) and place gates at two ends as shown.

A passes to B and defends, attempting to prevent A from dribbling through the gate at C. Player A moves to B, and B moves to C.

C then passes to B and defends to prevent them from going through the gate at A.

PROGRESSION: Attackers can attack either gate.

Screen 2



Set Up is 15x15 yards box with players at each corner. Player A passes to B and tries to prevent them from dribbling through the gate at B. At the same time, the player at B passes to C and tries to prevent them from dribbling through the gate at A.

PROGRESSION: A passes to B who still tries to dribble through the gate at C, but the defender is the player at C who comes out to defend.

Screen 3



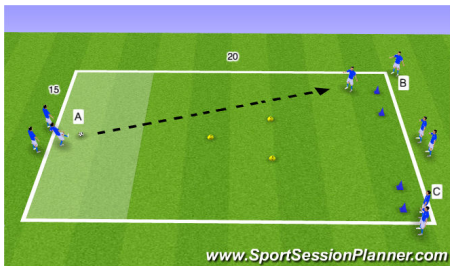
Set Up a 20x15 yard box with two 3 yard gates (goals) at one end.

A passes to B and defends them from attacking either of the two goals. Players switch roles after each play.

PROGRESSIONS:

1. Add a triangle in the middle that is a safe zone for the attacker. Encourage them to use a scissor or step over move to fake out the defender when entering or leaving the triangle. Once in there they have 3 seconds to leave.
2. Add a second attacker for a 2v1
3. Add a second defender for a 2v2

Screen 4



Same as before but now play 3v3 and the attackers have to dribble the ball into the shaded area to get a point. If the defenders win the ball they can attack the two small goals at the other end.

The triangle can now act as a safe zone to practice a move or allow the attacking team (either group in possession) a point if they pass to a teammate inside