

# 1v1 Defending

## Indoor Week 3 | Pool Session



### Week Objectives:

- Give tactical understanding on how to defend in 1v1 situations, while continuing to build 1v1 ability
- Teach players to run with the ball

### Tactical Principle: 1v1 defending to prevent dribble, cross, or shot

- Close down the ball carrier side on to force in one direction
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

### Counter Principle: Exploit the 1v1

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

### Technical Principle: Running with the Ball

- Push ball ahead, taking one touch per step with one foot
- Keep access to the ball - don't push it too far ahead where passing or changing direction becomes impossible
- Speed before everything - push & run is still a viable option

# Tech Warm-Up: Run with Ball & Turn Lines



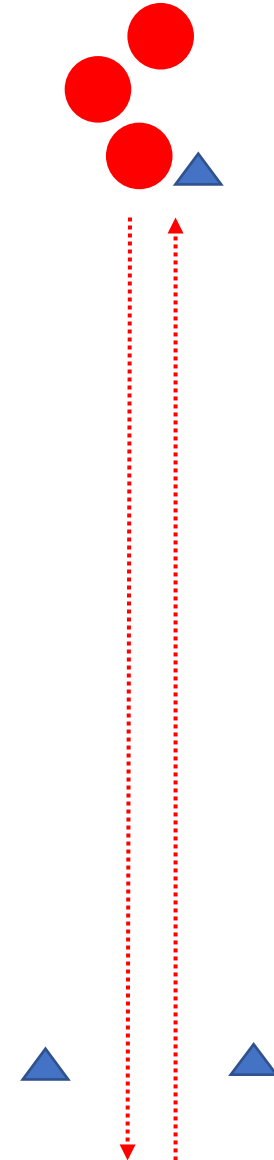
Time	15
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	2-3 players per station
Number of Grids	3-5
Dimensions	20 yard long space

## Rules:

- First player dribbles with speed through the gate, turns, and dribbles back with speed
- *Progressions: dribble with right or left foot only, vary turns (pullback, Cryuff, chop, hook), create individual or team races*

## Technical Principle: Running with the Ball

- Push ball ahead, taking one touch per step with one foot
- Keep access to the ball - don't push it too far ahead where passing or changing direction becomes impossible
- Speed before everything - push & run is still a viable option



# SSG: 1v1 Transition Game



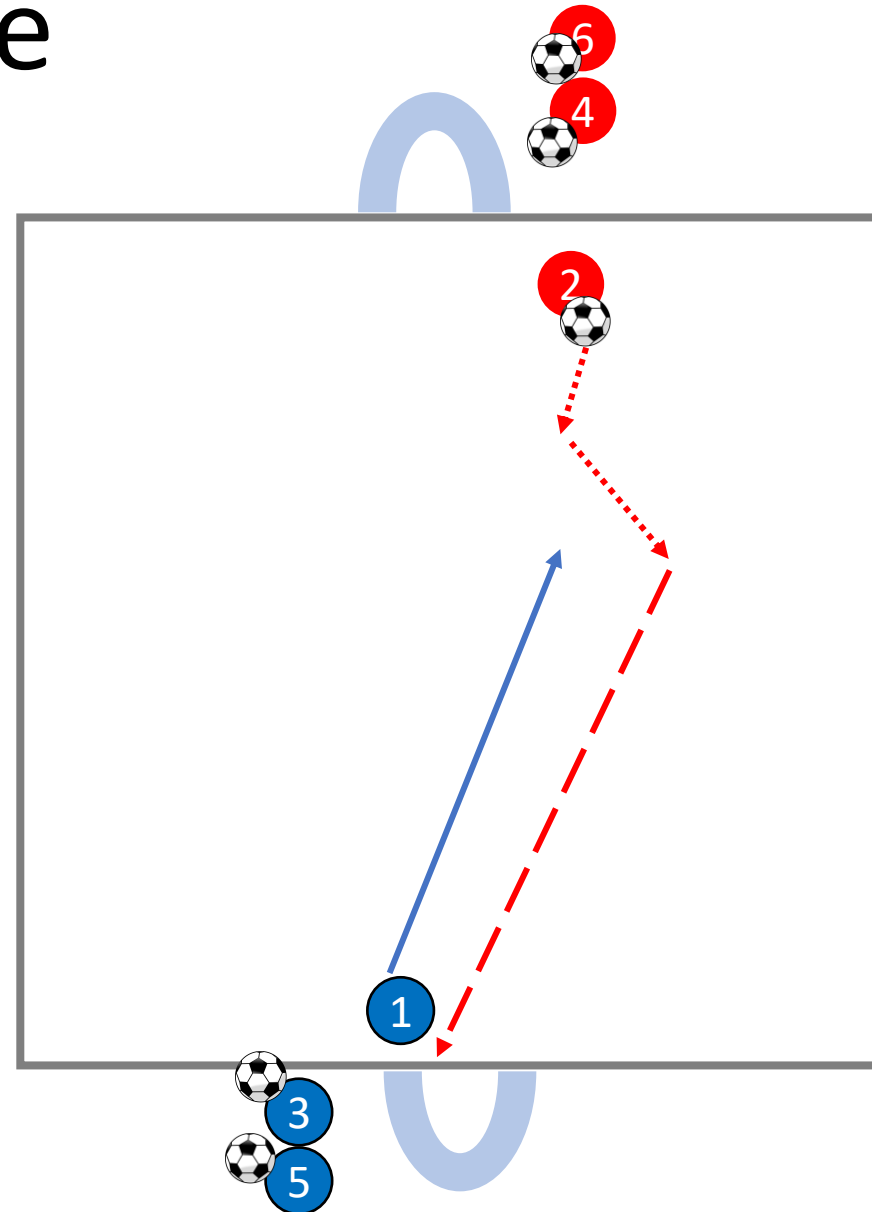
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	4-7 players per grid
Number of Grids	1-3
Dimensions	20x12yards

## Rules:

- Red (2) dribbles in and tries to score against blue (1)
- Once goal is scored or ball goes out of play, the next blue (3) enters, and the red player (2) transitions to defend
- Player rotation: attack, then defend, then off the field

## Coaching Points

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal



# Final Game



Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

## Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

## Coaching Points/Observation Questions:

- Observe: how many times do players attempt & successfully complete 1v1s?
- Reinforce tactical and technical points?

