

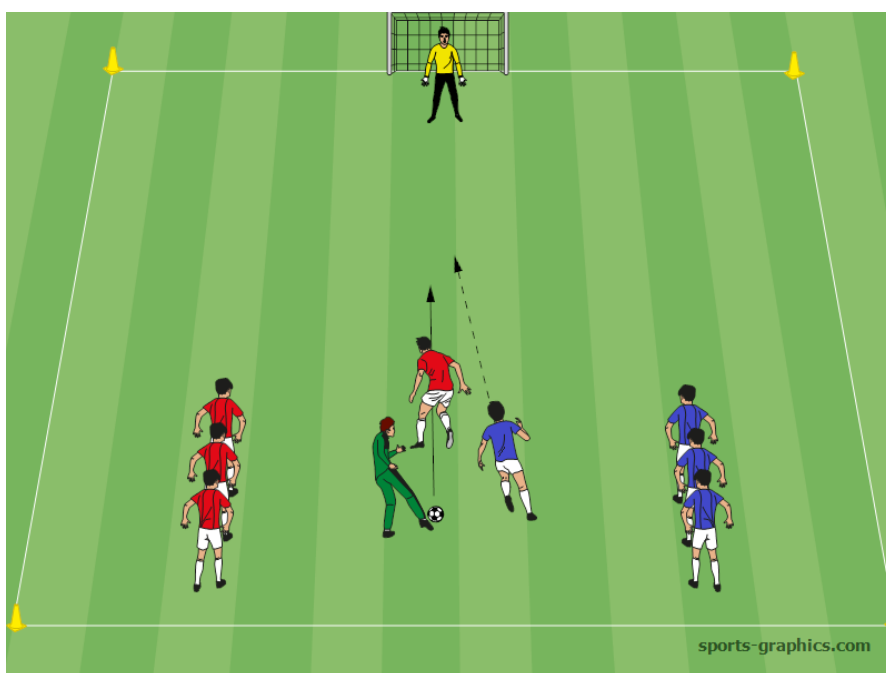
DEFENSIVE RECOVERY

Improve individual defending in 1v1 situations

TECHNICAL

Defending

Defending 1v1



Set up a 20x20 playing area with a goal and goalkeeper at one end. Size of playing area can be adjusted if necessary.

Arrange players into two lines – one line are attackers and the other act as defenders. One attacker starts slightly closer to goal than the defender.

The defender will have to recover in order to win the ball.

The coach/server will play a ball through the attacker's legs towards the goal.

The attacker will run at the goal while the defender recovers.

Repeat the process for all of the attackers, before switching roles.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Forcing play to make play predictable.
- How and when to win the ball.
- Individual defending skills (jockeying, tackling).

KEY FACTORS

- Communication
- Concentration
- Light on the feet
- Make play predictable
- Recover quickly to get goalside
- Win the ball if possible

FOCUS AREAS

- Balanced, controlled 1v1 defending skills.
- Covering support, balance, recovery.
- Distance from ball when pressing.
- Intelligent 1v1 defending skills.
- Make play predictable.
- Observe the session from outside the playing area.
- Positioning of defenders (individual/team).



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