



Defending 1v1 U8

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

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Individual-Adult Member

Description

Defending 1v1 U8

Cat and Mouse

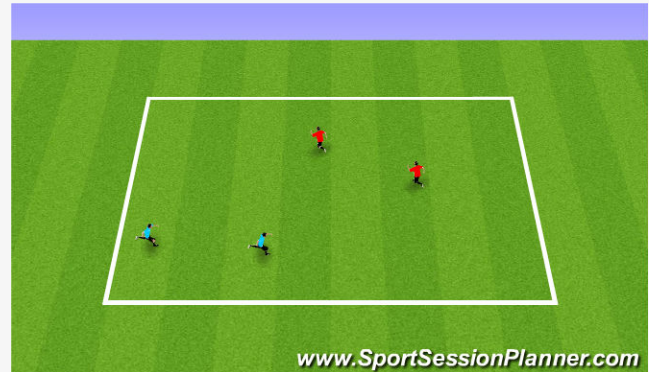
Organization

20x20 square.

Pair each player up, one player has a pinnie tucked into their shorts.

When coach says "pressure" his partner must chase him and try and get the pinnie

Switch Roles

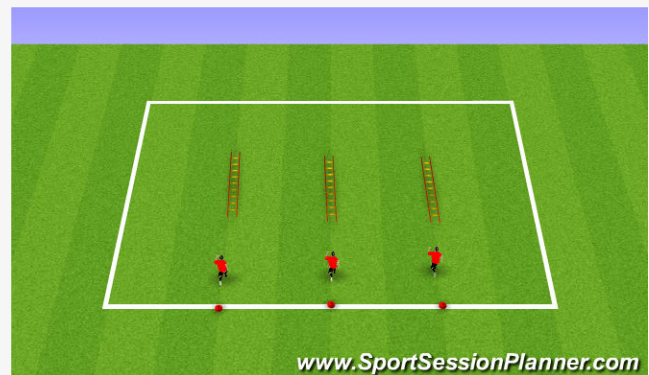


SAQ

Line 1 Bunny Hops

Line 2 Two feet in each gap

Line 3 Hopscotch



1v1 Defending

Organization

20x20 square split in half.

Instructions

Players Must attack the line to score a point.

if the defender wins possession can they attack the line in front.

Coaching points

1. Out quick "Pressure" on the ball.
2. Can the defender slow down as they approach the attacker - in a side on position? so that the attacker doesn't run past us?
3. Can we Win the ball - with our front foot if possible? Focus on the Ball!!
4. When we win can we attack the line behind the attacker?



1v1 Defending

Organization

20x20 square split in half.

Instructions

Same as before but there is a goal for the attacker to score in.

Players Must attack the goal to score a point.

if the defender wins possession can they attack the line in front.

Coaching points

1. Out quick "Pressure" on the ball.
2. Can the defender slow down as they approach the attacker - in a side on position? so that the attacker doesn't run past us?
3. Can we Win the ball - with our front foot if possible? Focus on the ball!
4. When we win can we attack the line behind the attacker?



Game

Game

In 1v1 defending situations can we focus on winning the ball, and then attacking quickly.

