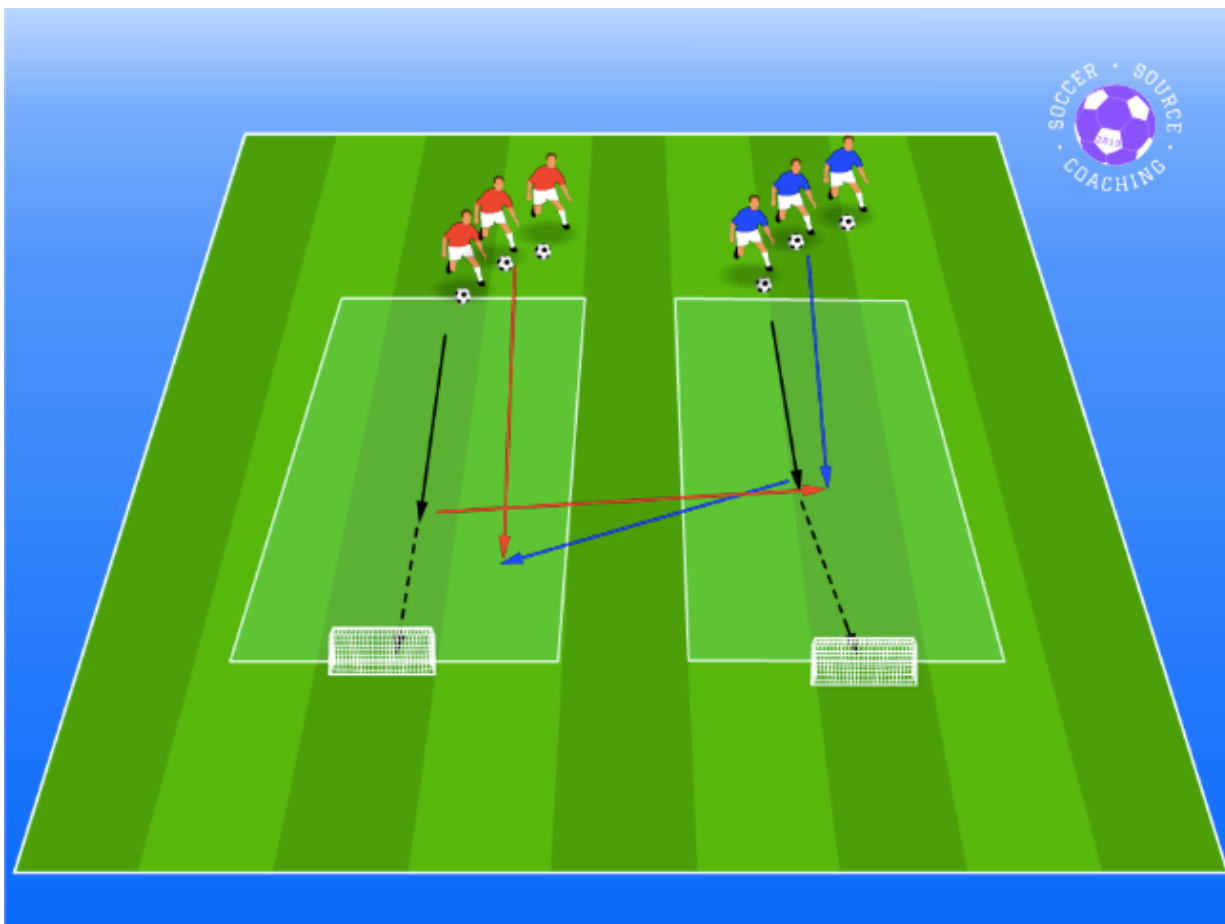


1v1 attack to defence transition



How it works

Each player will have a soccer ball, it will begin with the player on one team dribbling to score in the goal directly opposite them as soon as they score they will become a defender to stop the player from the opposite team from scoring a goal.

The phase will end when a goal is scored or when the ball goes out of bounds.

After a player has defended they will collect a ball and head back to their team to go again.

This will continue until the time limit has been reached with the team scoring the most goals winning.

Purpose

The purpose of this 1v1 defending drill is to help players transition quicker

Set up

- 2, 5 x 10-yard areas
- 1 soccer ball per player
- 2 teams of 4
- 2 goals

Coaching points

- React quickly after you have transitioned from an attacker to a defender
- Close the space down on the attacker
- Be patient when trying to block the shot or steal the ball

Questions

- What should we think/do as soon as we score a goal or the ball goes out of bounds?
- How can we make it harder for the attacker to score a goal?
- What happens if we rush to win the ball? what must we do instead?

Advanced