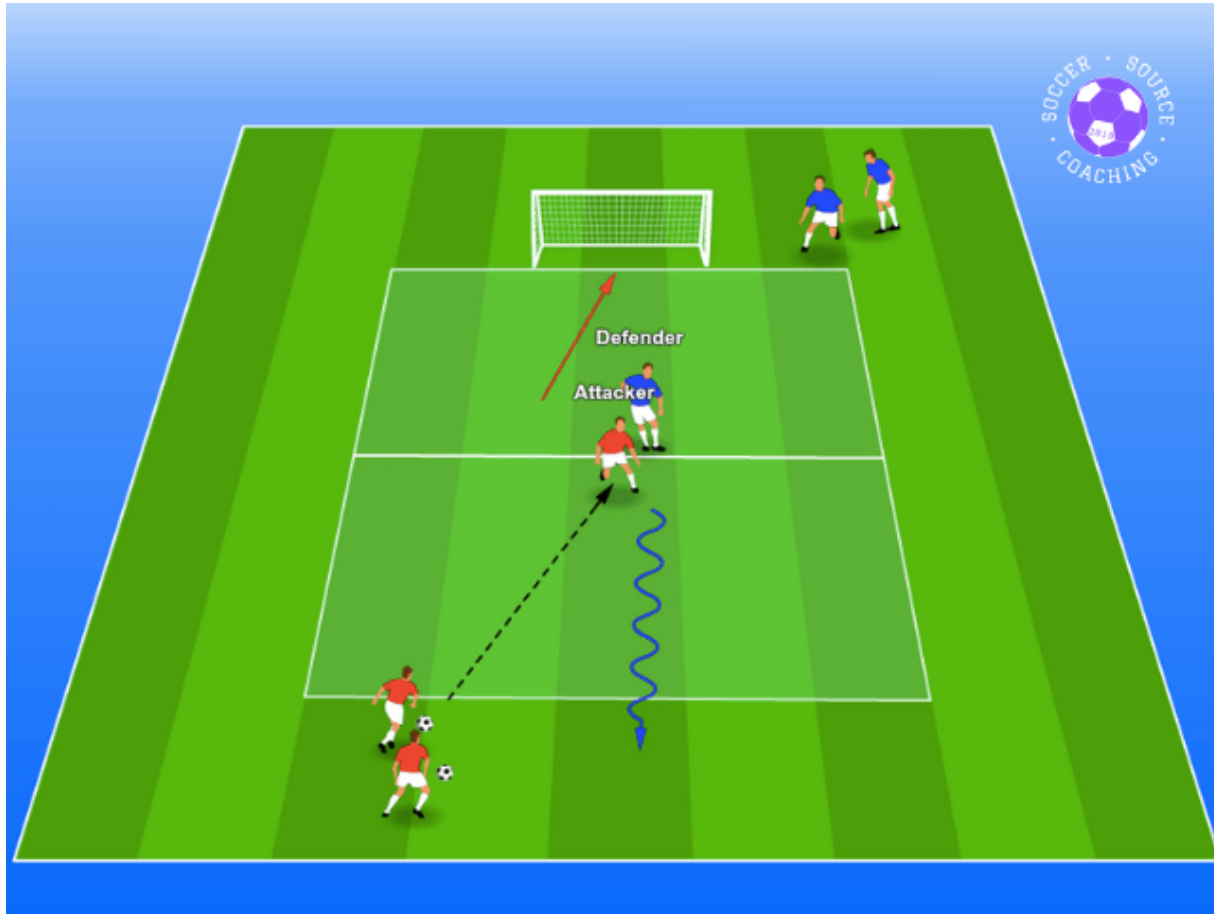


1v1 defending against the attacker with their back to goal



How it works

The defending team will start from behind the goal and the attacking team starts with the ball on the opposite side.

the attacking team will have a player start on the halfway line and the phase of play will begin when the ball is played to the attacker.

As soon as the pass is played to the attacker on the way line the defender can immediately pressure.

If the attacker scores in the goal they will get 3 points, however, if the defender wins the ball and dribbles past the line the attacker started on they will get 3 points and if they force the defender or ball out of bounds then they will get 1 point.

Purpose

The purpose of this drill is to improve a defenders ability to defend when the strikers back is toward goal

Set up

- 5 x 10-yard area with a halfway line
- 1 goal
- 2 soccer balls per group
- 6 players per group (3 attackers, 3 defenders)

Coaching points

- Pressure the attacker quickly
- Keep the attacker arm's length away in a side-on position staying goal side (in between the player and your goal)
- Force the attacker back and try not to let them turn

Questions

- What should you be doing as soon as the pass is played?
- What position should you be in when defending the attacker? Why?
- Where should you show the attacker?

Intermediate