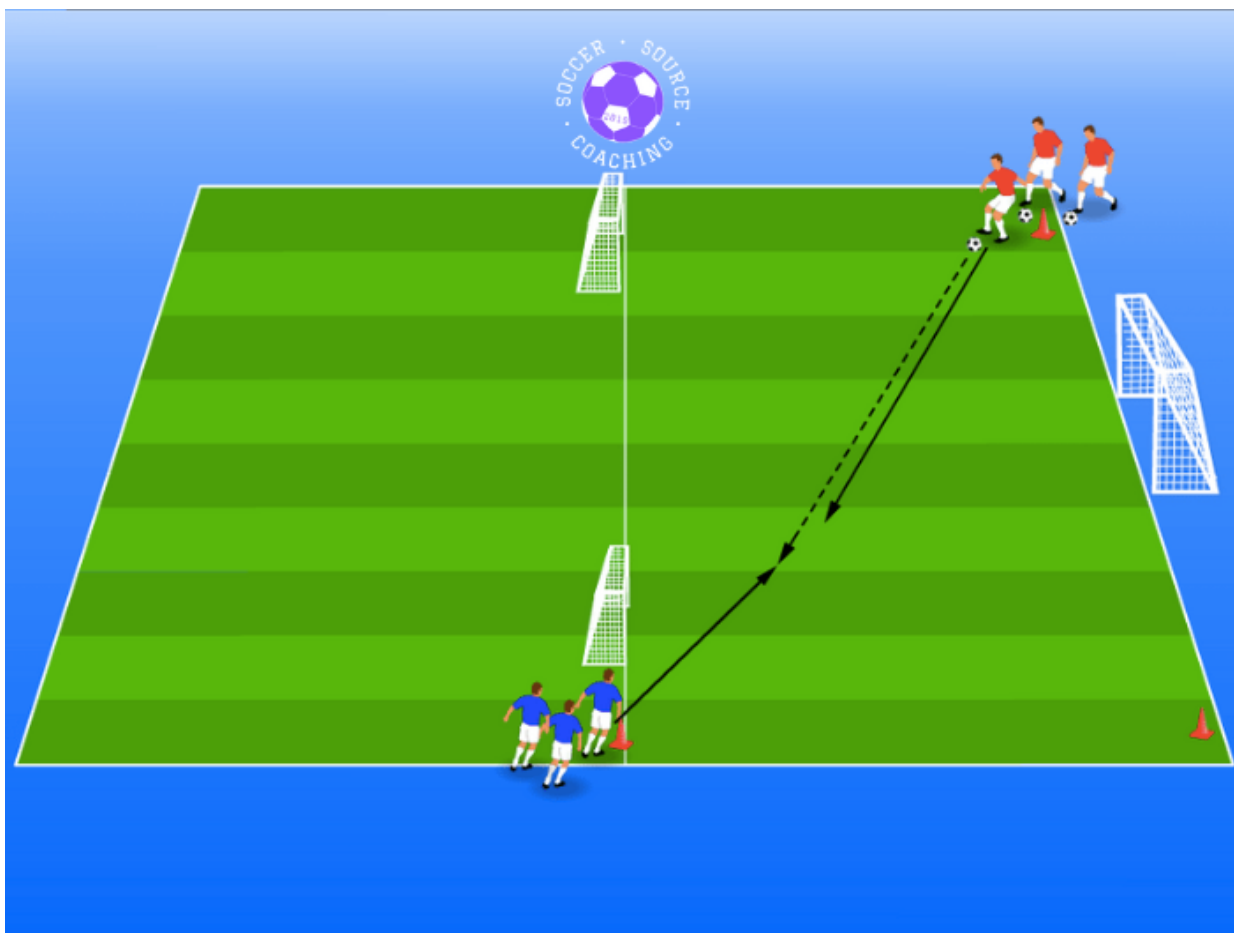




# Defender vs Attacker 1v1 defending drill



## Purpose

The purpose of this soccer defending drill is to improve a player's 1v1 defending ability

## Set up

- 10 yards by 15 yards area
- 3 goals

## How it works

The Defender will start in one corner and the attacker will start in the opposite corner diagonally across from the attacker.

The objective for the defender is to defend the goal place in the center and if the ball is won they must score in the 2 goals placed in the corners of the opposite side.

The defending drill starts with the defender passing the ball to the attacker. If the defender wins the ball they get 1 point.

If they manage to win the ball back and score they get 3, If the attacker scores they 2 points.

## Coaching points

- Pressure the attacker quickly but slow down and stand them, give yourself 2 yards of space
- Side-on-body position
- Show them away from goal, Don't give them a chance to cut inside

## Questions

- How quickly should we apply pressure?
- What should we do as we approach the attacker? how much space should we give them?
- Where do you want to show the attacker?

**Beginner**