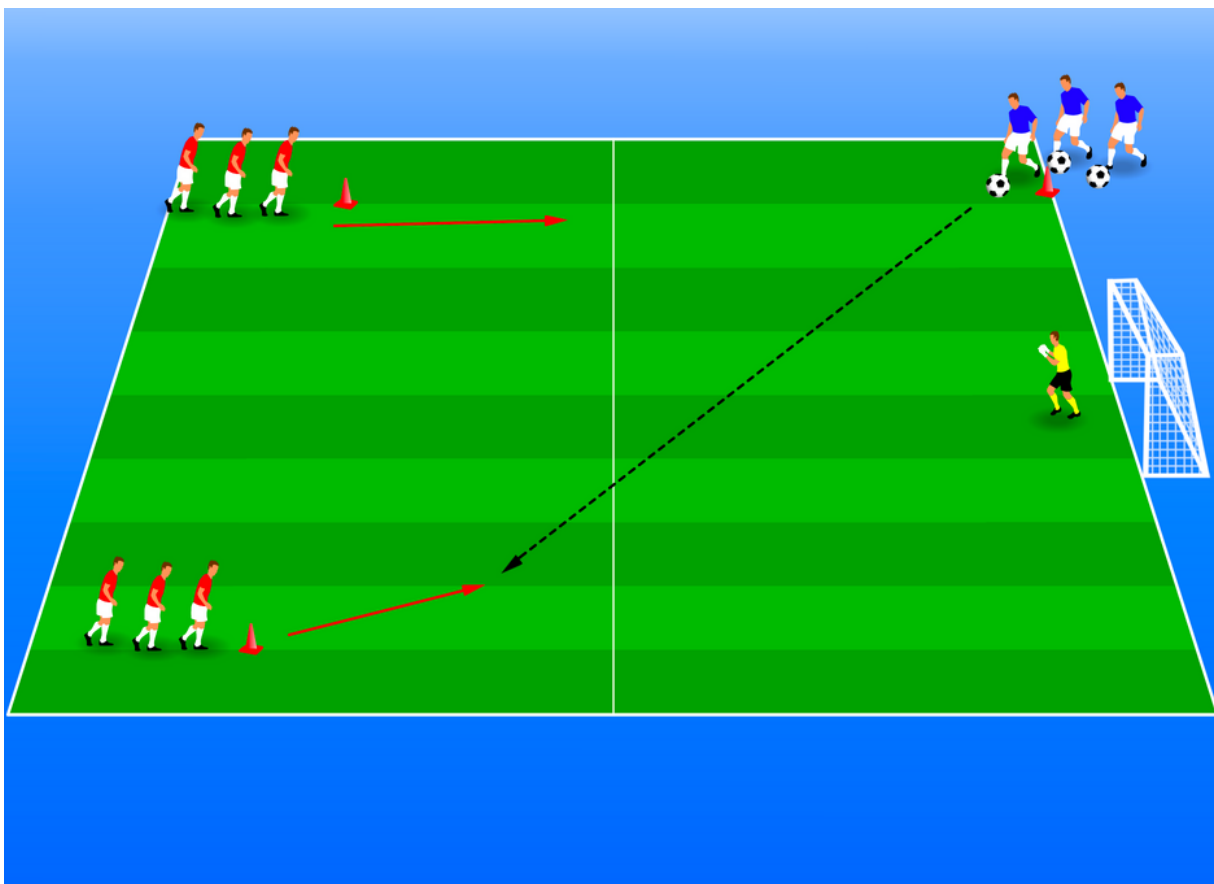


# 1v2 Defending Drill



## How it works

The defender will start with the ball and pass to either of the 2 attackers opposite them.

As soon as the pass has been played they will begin to press with the attackers trying to score in the goal for 1 point.

If the defender forces the ball out of bounds they will get 1 point, however if they can win the ball and dribble past the line the attacker started on they will get 3 points.

Once the phase of play comes to an end, either with the a goal being scored or the ball going out of bounds the next defender will pass their ball in play

## Coaching points

- The defender should close down the space as quickly as possible to restrict the decisions the player on the ball can make
- The defender should be in a side on body shape while positioning themselves at angle where they are cut off the attackers passing lane to their teammate
- The defender should stand the attacker up and look to step in to win the the ball when the attacker makes a mistake

## Questions

- As soon as the attacker receives the ball how can they restrict the decisions of the attacker?
- What body shape should the defender be in and where should they position themselves
- When should the defender step in to win the ball?

## Purpose

The purpose of this drill is to help players learn how to effectively close down the player on the ball while also shutting off their passing option

## Set up

- 1 soccer ball per defender
- 1 goal
- 3 cones
- 1 goalkeeper
- 6 attackers, 3 defenders

**Advanced**