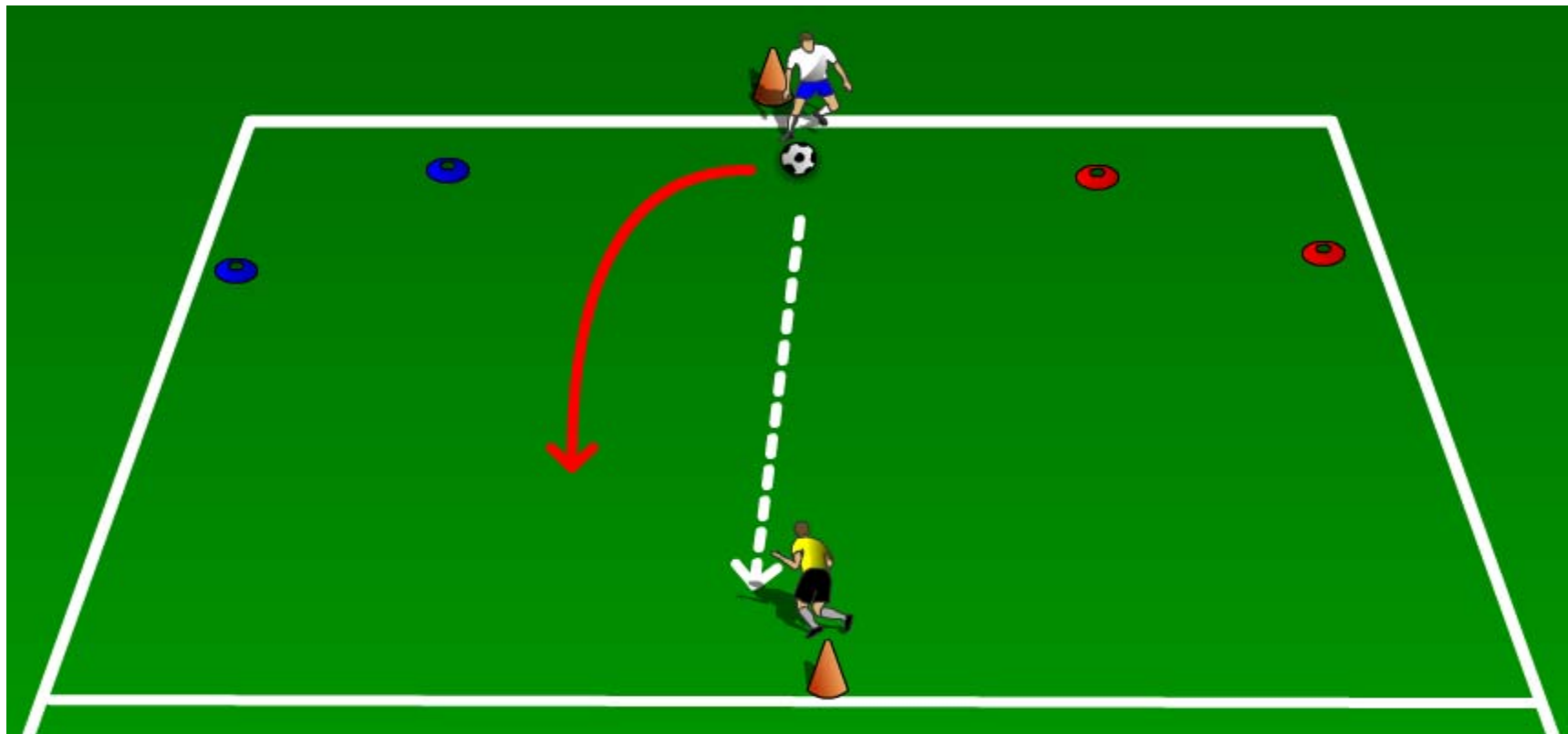


1v1 DEFEND YOUR GOAL



Set-Up/Rules

The coach calls out which goal the attacker must try to score in and that the defender must defend.

The defender now passes out to the attacker and quickly runs out to pressure.

If the defender does not close the space quickly, then the attacker is allowed to pass the ball directly into the goal

Thoughts for the defender : How quickly should I pressure? Where do I show the attacker? Can I win the ball? do I need to be patient?

The players rotate positions for the next game.

Progression – If the defender wins the ball, can they dribble past the attackers end line in order to score a goal.

This will add transition to the practice.