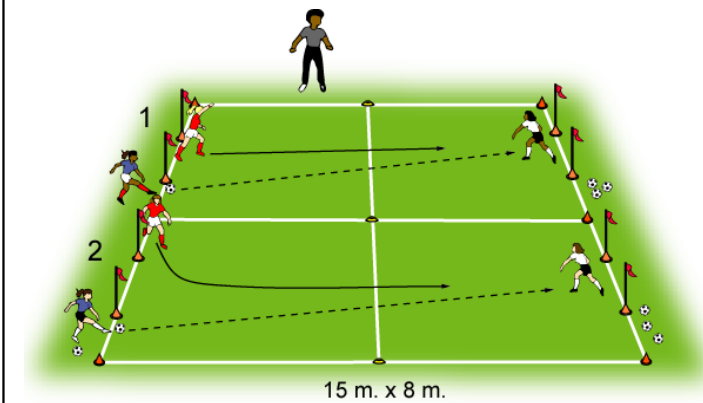


# 1v1 Defending: Skill/Technique #1

<b>Skill/Technique:</b>	<b>1v1 defending</b>	<b>20 minutes</b>
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<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>Set-up areas 15x8m as shown</li> <li>Divide players into groups of three, one server, one defender and one attacker.</li> <li>Rotate each player every six attempts.</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>Take away the shot and close down quickly.</li> <li>If forward has a poor touch try and win the ball.</li> <li>If forward has a good touch jockey/contain her.</li> <li>Watch the ball not the forwards feet/body.</li> <li>Angle your body to steer forward to side.</li> <li>Be strong in the</li> </ul>
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**Description:**

1. The server (blue) passes the ball to the white player in the opposite goal. As the ball travels the defender closes the ball down and attempts to win the ball and score in the white player's goal. The white player must try and score in the red player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.
2. As the previous exercise but this time the red player starts at the corner of the playing area and to the side of her goal. The white player can shoot as soon as she receives the ball, or dribble in order to create a scoring opportunity. Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.

**Note:** *This is a demanding exercise for the players working so please allow recovery time between each attack.*

