

1v1 Defending: Skill/Technique #2

Skill Work: **1v1 Defending** **15 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> Set-up areas 15x8m as shown Divide players into groups of three, one server, one defender and one attacker. Rotate each player every six attempts. 	<p style="text-align: center;">15 m. x 8 m.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> Take away the shot and close down quickly. If forward has a poor touch try and win the ball. If forward has a good touch jockey/contain her. Watch the ball not the forwards feet/body. Angle your body to steer forward to side. Be strong in the challenge
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Description:

- As with the previous exercise but the server and defender are positioned a third of the way down the sideline. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender 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.
- As with the previous exercise but the server and defender are positioned a two thirds of the way down the sideline. It is even more critical to get across to take away the shot as the ball is traveling.

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

