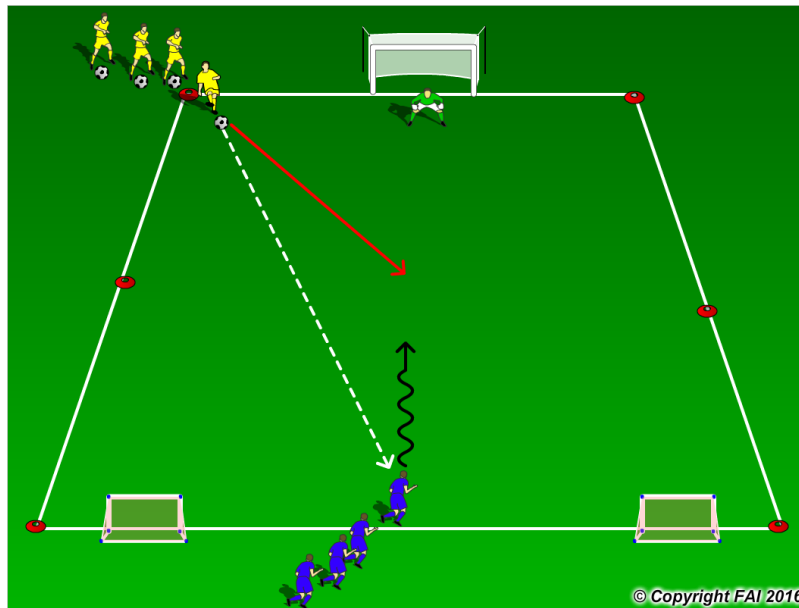


**THEME**

1 v 1 Defending with Transition

**DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve players 1 v 1 Defending and Transition to Attack

**ORGANISATION**

- Area 15 x 12 metres
- Yellow Players (Defenders) pass the ball to the Blue Players (Attackers) and defend
- Blue Player score into the Goal, if the Yellow Player wins or the Goalkeeper saves the Football they can score by passing the ball into either of the two small goals at the opposite end

**KEY FACTORS**

- Close down quickly, but under control
- As defender travels to close down attacker – assess attacker's first touch
  1. Poor 1<sup>st</sup> touch – win the ball
  2. Good 1<sup>st</sup> touch delay
- Body shape/stance – low, side on
- Jockey, delay – be patient wait for opportunity to win the ball
- Show Attacker on to his other foot or use the sideline as another defender
- Use back foot to perform block tackle
- If ball is won transition to attack
- Communication from Goalkeeper is vital

**NOTES**

Make sure that players play till goal is scored or ball goes out of play and are aware of the transitions

