

# 1V1 DEFENDING PRESSURE WIDE

## WHY USE IT

Applying defensive pressure does not always occur with an attacker approaching to the front of the defender. In this activity the attacker starts wide and the defender must attempt to keep the attacker away from goal.

## SET UP

The area is 30x20 yards with an appropriate size goal at one end. Along both sides of the field are counter attack goals and 3 cones are placed on the line opposite the goal. The defenders start from the center cone with a large supply of balls. The attackers start on the corner cones and a goalkeeper is in goal. There is a cone placed 10 yards from goal indicating how close the attacker must get before shooting.

## HOW TO PLAY

A defender starts with a pass to either side of the field in the path of an attacker. As soon as the pass is made the defender can enter the area and must attempt to prevent the attacker scoring in the large goal. The attacker can enter the area as the pass is made and dribble towards goal. The attacker must pass the cone 10 yards from goal before shooting. If the defender can win possession of the ball, he/she can score in either of the counter attack goals. Once each player has had an opportunity to attack and defend send pairs off every 4-5 seconds to keep the action constant.

## COACHING NOTES

- + Coaching objectives - When the defender is starting a recovery run from a central position he/she should take a direct route to goal with the objective of getting ahead of the attacker a priority. The defender can then attempt to cut-off the attacker, delay and force play to the width.
- + Coaching tips - To differentiate the activity the coach can manipulate variables to favor the attacker or defender. The coach can change the starting positions of both players, can adjust the angle of the initial pass and move the cone in front of goal.

## HOW TO MODIFY THE ACTIVITY

- + Less challenging: Start the activity without goalkeepers to give the attackers some shooting success. Hold the attackers run to give the defenders a head start.
- + More challenging: Remove the cone in front of goal to allow the attacker to shoot earlier and progress to 2v1 with both attackers entering the area from the corners as the ball is passed.

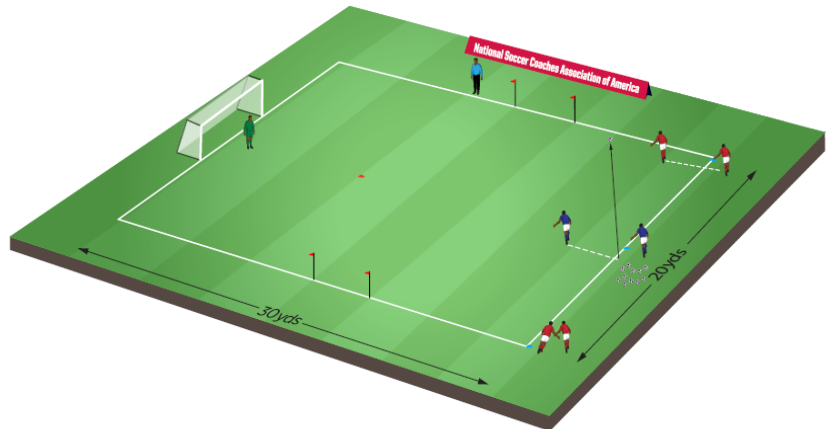
## STAGES COVERED BY ACTIVITY

Stages 2 & 3 - 6-11 year old players

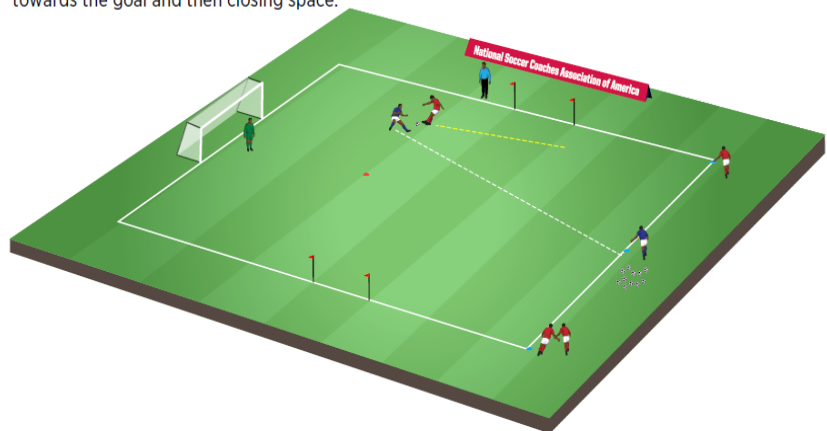
## THEMES & COMPETENCIES

Top 3 themes: Attacking individually, defending 1v1 and dribbling.

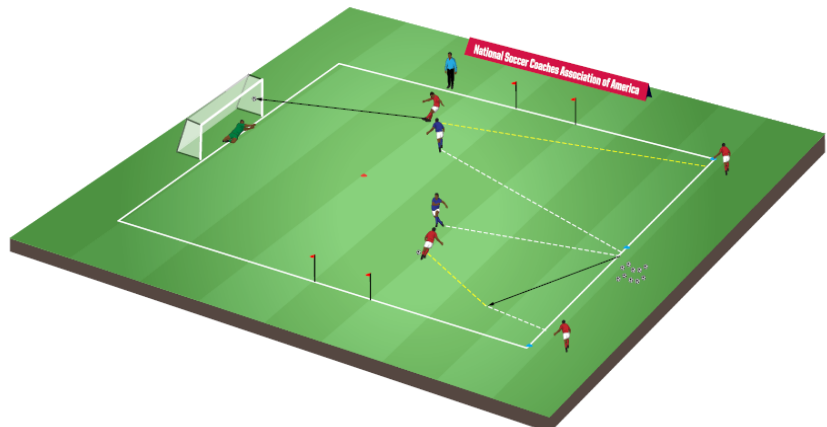
Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + A blue defender starts from a central position with a supply of balls and passes wide to either red attacker.
- + As the ball is played into the path of the red attacker, the defender starts to make a recovery run.
- + Although the defender wants to win possession, the first priority is to cut off the route to goal by running towards the goal and then closing space.



- + In this illustration the defender has performed well and has managed to cut off the attacker's route to goal.
- + The next objective is to close down space and force play away from goal.
- + If the defender can force the attacker to turn away from goal he/she achieves the first defensive objectives.



- + As the activity progresses the coach sends pairs at 5 second intervals to maintain player engagement.
- + In one duel the defender is too slow to cut off the attacker and a goal is scored.
- + In the other duel the defender has covered the ground quickly and is well positioned to win possession.