

FULL PRESSURE DEFENDING 1V1-1V2

WHY USE IT

This activity is equally as beneficial for defenders and attackers. Defensively, players work on closing space, applying pressure and intercepting passes. The attacker must create space, make firm accurate passes and be innovative in beating the defender.

SET UP

20x20 yards area with 4x10 yards clearly marked. To begin, 2 servers from each team stand opposite each other at the center point of each sideline. Each team also has a pair of players in the center.

HOW TO PLAY

Central players start in separate boxes as shown in illustration 1. Pairings are designated before the game commences. Orange is the attacker and black the defender in pair 1 and Black is the attacker and Orange the defender in pair 2. The attacking player in each pair initiates the activity by moving into any of the 4 squares - if a square is occupied by another pair, the attacker must move to an unoccupied area. The defender must play 'man to man', following the attacker. Once in a square the attacker calls/points to indicate the server from the same team to pass the ball. If the attacker receives the ball in the area and the defender is not in the same area, the attacker earns 1 point. If the defender tracks the attacker into the same square, no points. On receipt of the pass, the attacker must attempt to pass the ball back to the target to earn another point. If the defender can intercept the ball and play to either server of the same color, 2 points are scored by the defender. To reset, players jog to the starting positions and restart. First to 5 wins - rotate with the servers.

COACHING NOTES

- + Coaching objectives - Defensive player must stay close to the attacker, adjusting the body position to see the ball and the player. Help defenders decide when to win the ball and when to be patient.
- + Coaching tips - If the defender is struggling to keep up, add a 2 touch condition to the attacker to slow the pace.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: No defender to begin - use shadow play. Restrict attacker to move in only one half.
- + More challenging: Add an extra attacker creating a 1v2 and on receipt, the final pass must be made to the other server.

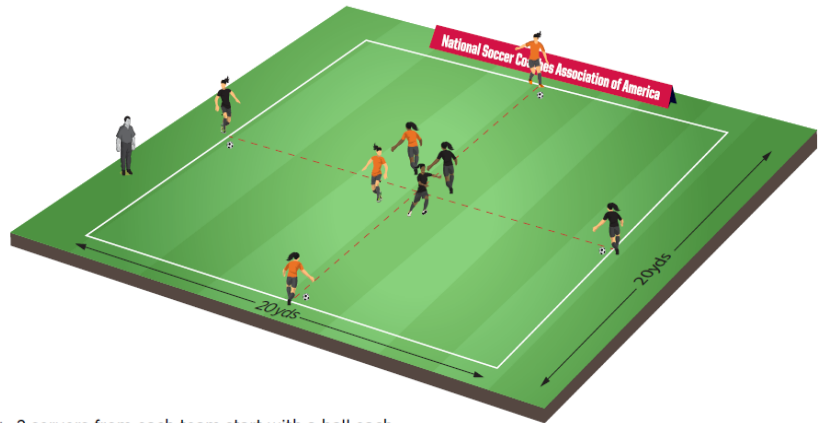
STAGES COVERED BY ACTIVITY

Stages 2, 3, 4 & 5 - 6-18 year old players

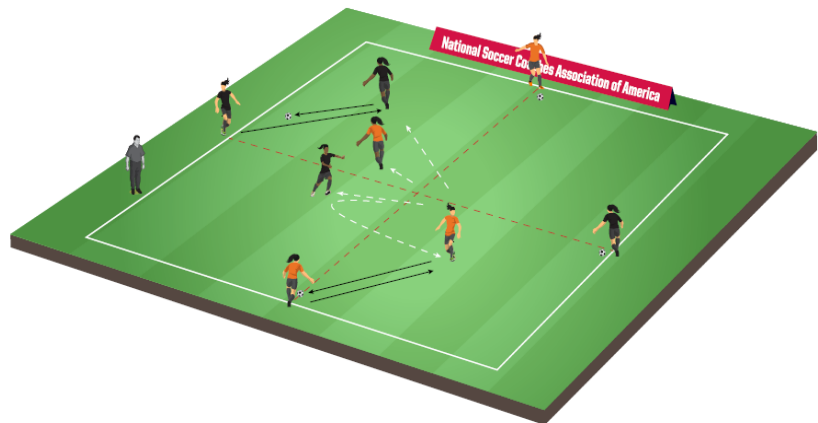
THEMES & COMPETENCIES

Top 3 themes: 1v1 attacking and defending, 1st defender and creating space.

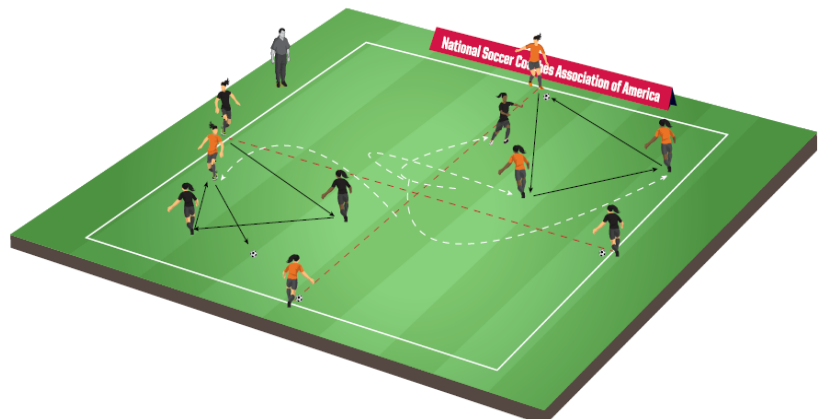
Top 3 competencies: Passing over short distances, controlling touch and defensive pressure.



- + 2 servers from each team start with a ball each.
- + 2 pairs of players in the center, each within their own area.
- + Orange is the attacker and black the defender in pair 1 and vice-versa in pair 2.



- + Pair 1 - the black attacker moves quickly to exchange passes with the black server. The orange defender is slow to close the space, but is in the same square. 1 point for black.
- + Pair 2 - the orange player makes a move and loses the black defender - 2 points to orange



- + An additional attacker is added to the center - now there are 2 games of 1v2.
- + Game 1 - the orange attackers exchange passes quickly before the defender is ready.
- + Game 2 - Orange defender intercepts the pass and plays to the orange server for 2 points.