

1v1 Defending

GameFocusResetProgression

1. Attacker Takes a ball and carries around cone and attacks his goal
2. Defender goes around cone and tries to get channel attacker away from goal
3. If defender wins then they score in opposing goal

1. Assess position of defender
2. Identify when to tackle, channel, dispossess
3. How to slow attacker down
4. Get head down
5. How to move them backwards

1. When ball leaves pitch then coach throws new one
2. After 30 secs restart

1. 30 secs to score
2. 5 balls and see which team scores the most

