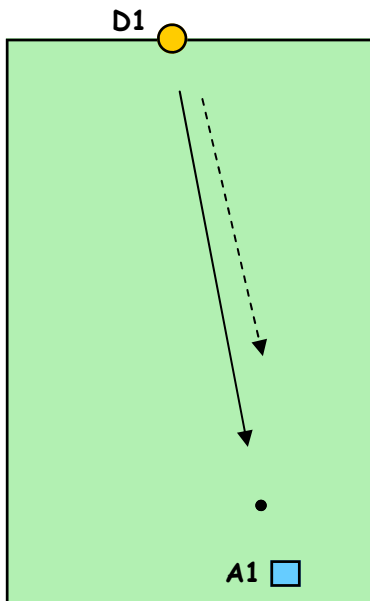


## DEFENDING (INDIVIDUALLY)

### Key Factors

- Defender should close the player down as the ball is travelling to them.
- Speed and Angle of approach should be taken into consideration.
- Defender should be in a balanced and challenging position.
- Defender should concentrate on keeping their eye on the ball.
- Defender should be patient and wait for the appropriate time to challenge.
- Defender should try to force attacker in direction they want them to go.



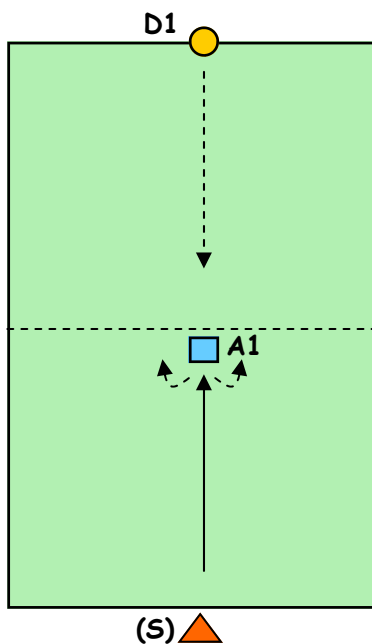
Practice 1

### 1 v 1 in 15 x 10 grid

Basic practice to start with D1 the defender plays the ball to A1 the attacker at the opposite end, as soon as attacker touches the ball the defender can go and close them down.

Defenders aim is to stop attacker getting to the other end.

Defenders should try to work on key factors mentioned above.



Practice 2

### 1 v 1 in 20 x 10 grid Stopping Turning

Progression from the first drill, D1 the defender aims now is to stop A1 attacker turning and getting to the other end.

(S) passes into the attacker A1, as ball is played in, the defender can close them down.

#### Key Factors

- Close down as ball is travelling.
- Defensive position so you can see the ball.
- Be touch tight, not too tight.
- Be patient, don't dive in.
- Choose correct time to challenge, when the attacker is half turned.