

Attacking & Defending

One versus one with opponent chasing from the front:

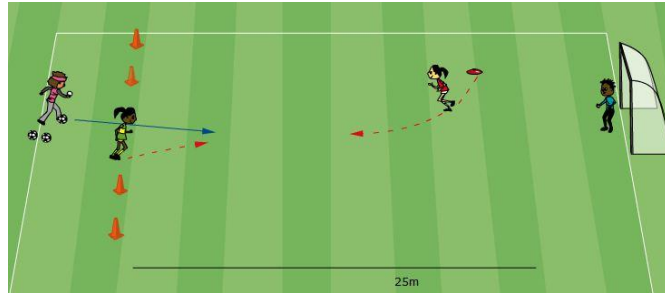
Skill Work:

1v1 Attacking & Defending from the front

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down – fast and slow down
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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