

Defending 1v1 Introduction

Written by Gary Mcdermott



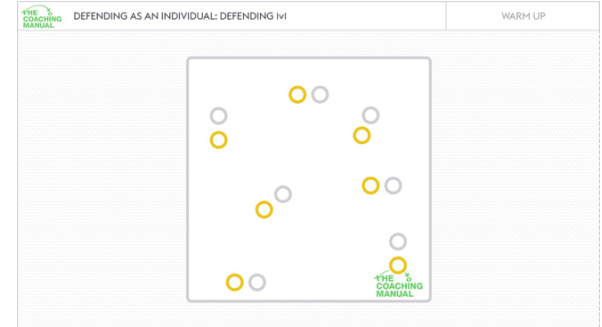
Defending Tag Game Warm Up

Written by Gary Mcdermott

10 mins 14 players 7 bibs 4 cones 20x20 area

Key Coaching Points

- Body shape
- Explosiveness to tag opposition player
- Balance and proprioception-



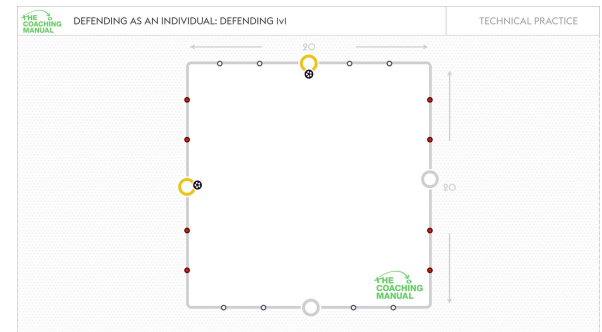
Defending 1v1 Technical Practice

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15 mins 4 players 2 balls 4 bibs 16 cones
20x20 area

Key Coaching Points

- Pressure the attacker quickly
- Body shape and positioning to defend
- Predict the play and force attacker one way



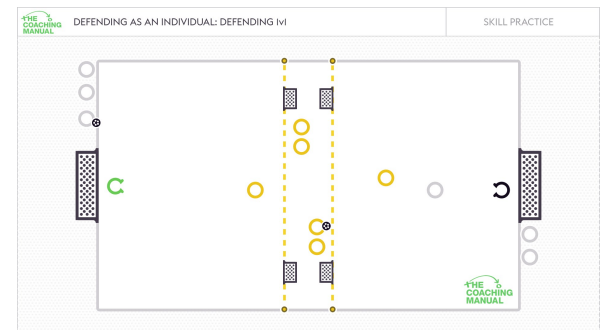
Defending 1v1 Skill Practice

Written by Gary Mcdermott

15 mins 14 players 2 balls 7 bibs
20 cones 60x40 area

Key Coaching Points

- Pressure the attacker quickly
- Body shape & positioning to defend
- Prevent/Block shooting opportunities



Defending 1v1 Scenario Game

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30 mins 14 players 1 ball 7 bibs 18 cones
60x40 area

Key Coaching Points

- Pressure the attacker quickly
- Read the play
- Dominate the 1v1

