

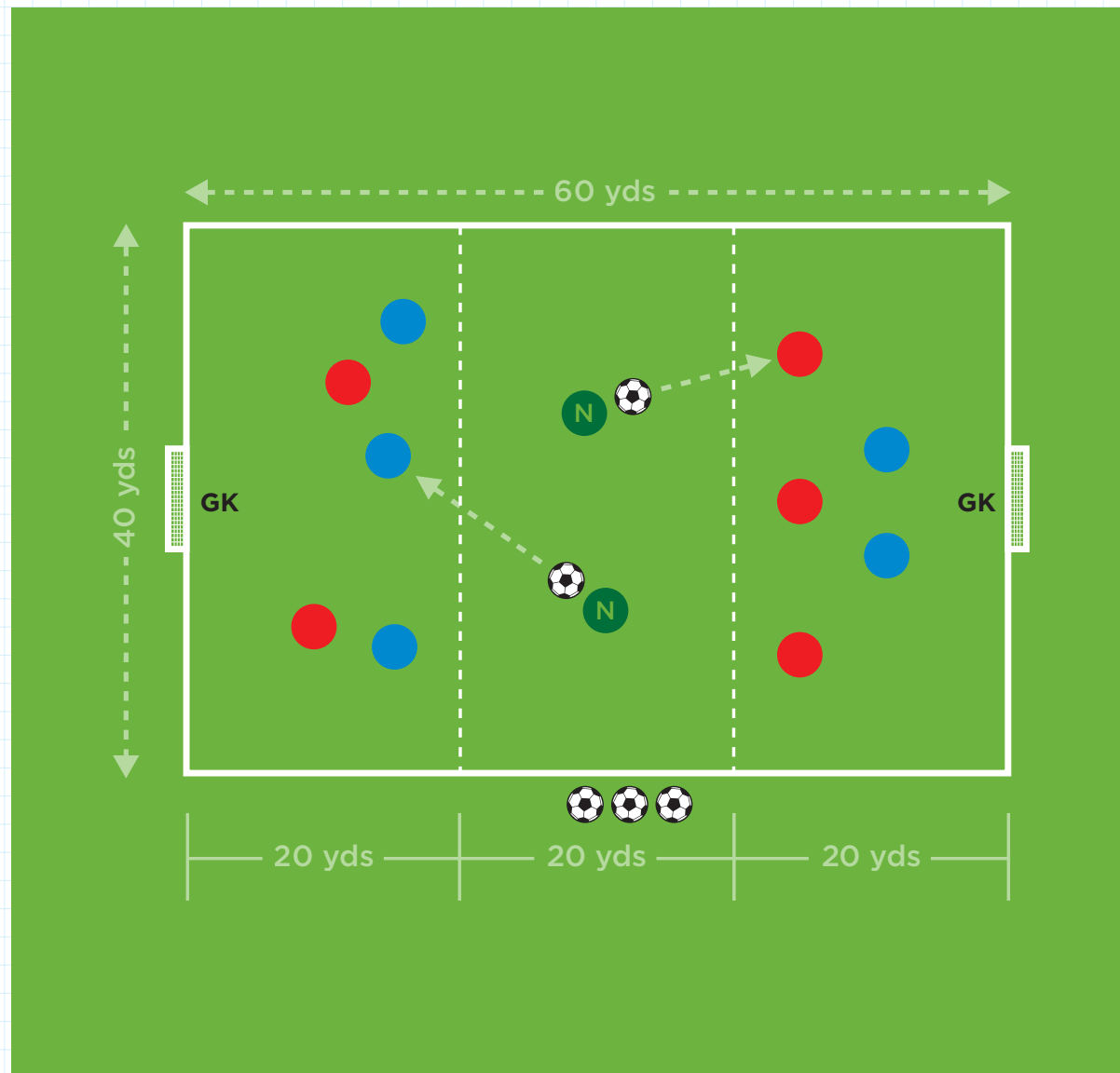
# Defending when outnumbered 1

## Practice organisation

- Area 60x40yds set-out in equal thirds with goals at each end, as illustrated.
- 14 players (incl. 2GKs), with Defenders out numbered 2v3 in each end third.
- Practice starts with: Neutral players in mid third, serve ball into Attackers & support play from behind, without entering end third.
- Objective of practice: D's play out-numbered to prevent A's from scoring, gain possession & pass in to N's, to score one point.
- Rotate roles of players.

## Detail

- Distance between 2D's when being attacked by three opponents.
- Communication, changing roles & working with GK as sweeper.
- Deflecting attacks away from central goal-scoring areas.
- Balanced, controlled 1v1 defending skills.
- D's identifying opportunity to pass or run with ball on gaining possession.
- Simple progressions for this practice are:
  - N serves & moves into end zone to become an A i.e. 2D's v 4A's.
  - N serves & moves forward & other recovers to defend i.e. 3D's v 4A's.



## Key coaching points

- Blocking shots.
- Pressing man on ball & employing delaying tactics to avert attack.
- Marking & covering.
- Winning ball & quickly playing forward to N.

Defensive play whilst  
'out of balance'

Age group  
12-16 years