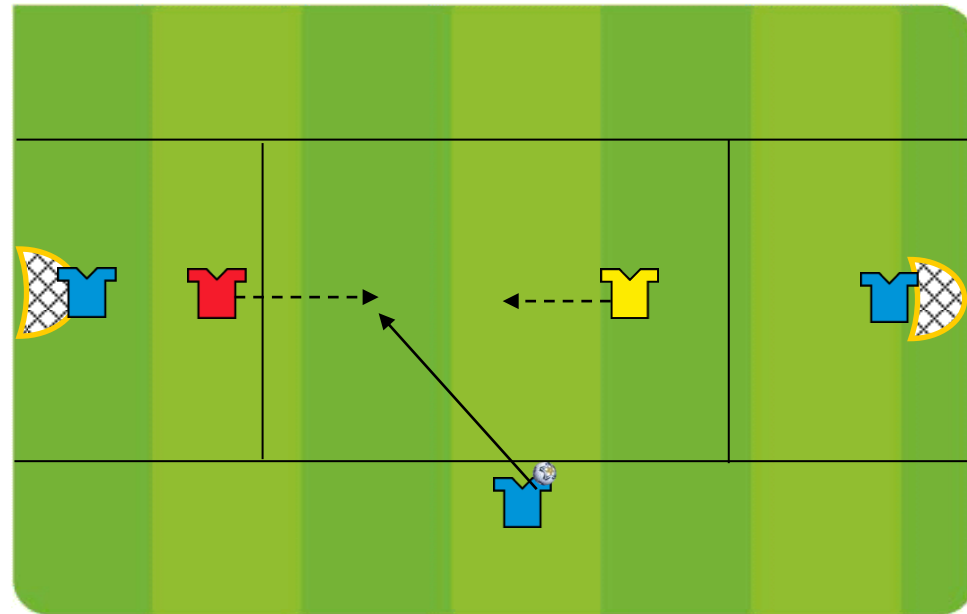
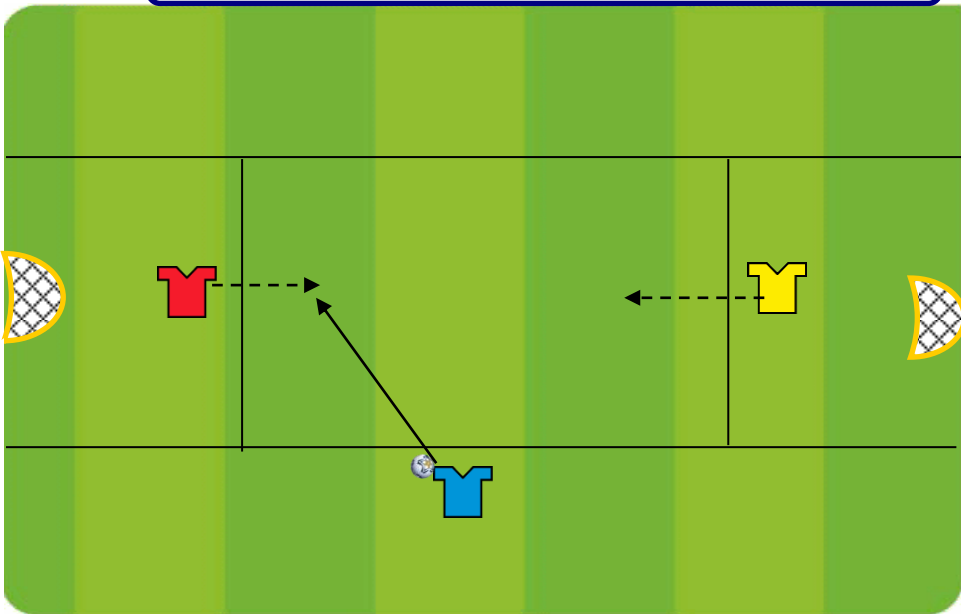


Problem to solve: Defensive intervention 1v1



Attacking Learning focus: how to attack in 1v1 game situation?

Defending Learning focus: how to defend 1v1 game situation?

How to play?

Blue passes to red, who runs to meet the ball and tries to dribble it over the opposite line. Yellow seek to prevent red from dribbling over the line. If yellow win the ball back, counterattack. Players scoring by dribbling the ball over the boundary line. Rotate players after each game.

Progressions-use them only if players are ready for next challenge

- Add goalkeepers
- Yellow players start from the inside of the pitch

Decisions, challenges & questions within the game

- What will be good starting defensive position?
- Where would you force attacking player-which side and why?
- Why would force attacker use his weakest foot?
- Speed of approach-when to slow down and when to speed up?
- Timing of intervention in relation to pass difficulty.
- How defensive position change the way you attacking in 1v1?
- What may be the triggers to win the ball back?
- Body position-which circumstances you need to be side on and which not?
- Individual challenges in relation to players ability and experience

- Defensive starting position
- Distance
- Body positioning

*changing direction when and how
 *correct footwork patterns
 *avoid to be outbalanced

- Positive body language
- Determination to not get beat
- Focus and awareness of attacker's movements
- Problem solving 1v1

- Learning environment promote repetition of same situation-but different solutions 1v1
- Peer to peer feedback
- Failure v success balance

