

Defensive Channelling (1v1)

Objective – dictate and delay the attackers

GameCoaching PointsResetProgression

This exercise is designed to encourage defenders to force attacking players to move onto the defenders forehand.

1. 2 teams – defenders and attackers.
2. Attackers have to run around a cone with a ball and score against cones
3. Defenders have to stop the attackers scoring or scoring HIGH value goals
4. Ball must start on right
5. Attackers get more points by scoring in 3 then 2 then 1

Defenders

1. Body

1. Low and mobile body position / good footwork
2. Use body to dictate direction of run
3. Stick low to the ground and Jab tackling
4. AGGRESSION
5. Stand sideways to can dance back

2. Technique

1. Identify when to tackle, channel, dispossess
2. Get their head down – they cannot see where to pass and get them to roll out
3. Assess position of defender
4. How to slow attacker down
5. Do not over run the attacker
6. Do not overtackle
7. For runaways start your run early

Attackers

1. Speed
2. Position ball to make it hard to “get”
3. Always be loaded
4. Use body to defend the ball
5. Look to vary speed and eliminate

1. When ball leaves pitch then coach throws new one
2. After 30 secs restart
3. After all have run then swop attackers and defenders

1. Vary the start and finish points of defenders and attackers
2. 30 secs to score
3. 5 balls and see which team scores the most



