



Practice Builder



Team: _____

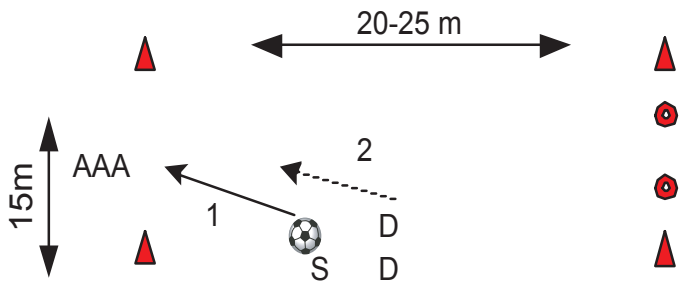
Date: _____

Tactical Drill

Things to observe: _____

Notes: _____

Tactical 7: Defending 1 vs 1. (20 min)



set up in groups of 6.
rotate players through roles

1. Server (S) passes ball to attacker (A) who attacks ball.
2. Defender (D) sprints to close down attacker.
3. A and D play 1v1 on goal.
4. Instruct defender to stay goalside, delay attacker, eye on ball, 1-2 arms length distance, diagonal stance to force attacker wide, tackle ball only when attacker loses control of ball.