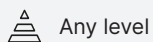
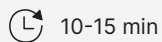


TRAIN LIKE A PRO

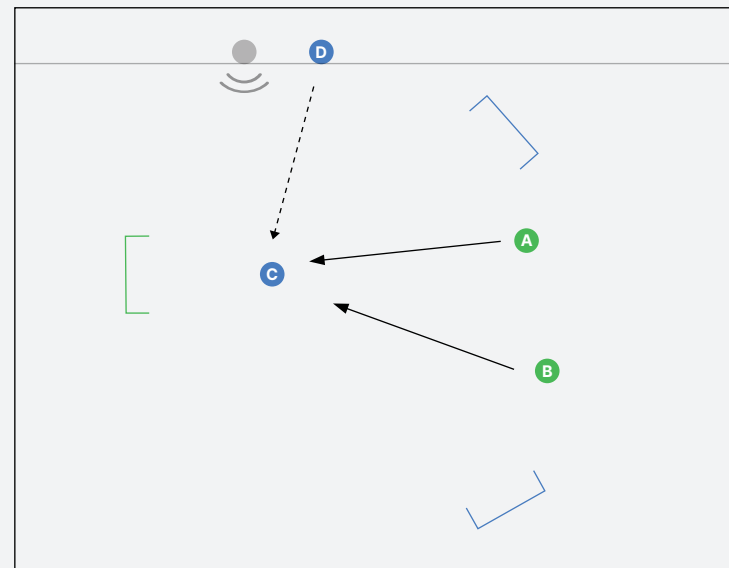
2v1- Defending when outnumbered

Often, neglected, a few key principles can tighten up your defence.



Summary

- Try to slow down the attack
- Force the attacker to a sideline or support
- Balance, decision making and communication



Description

Set up a 6m x 12m Rectangle. In this rectangle, mark a line, where the recovering defender (**Player D**) can start their recovering run. Also put a small goal or target for the attackers (**Players A and B**) to score.

Start with the coach playing a ball into the attackers. The attackers try to score in the central (green goal) within a certain time. After the attackers have 3-5 seconds, the recovering defender is allowed to help. If the defenders get the ball back they can score in any of the blue goals.

- Attackers
- Defenders
- Coach
- Passing
- Running