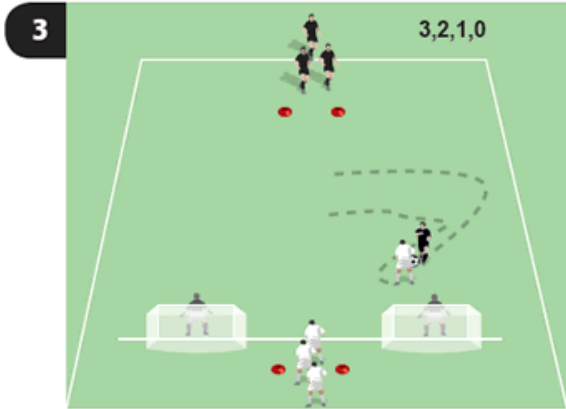
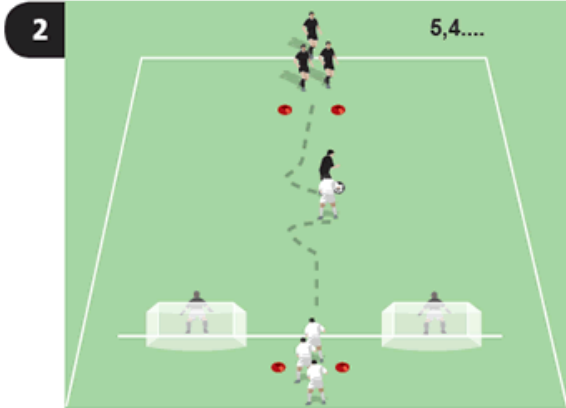
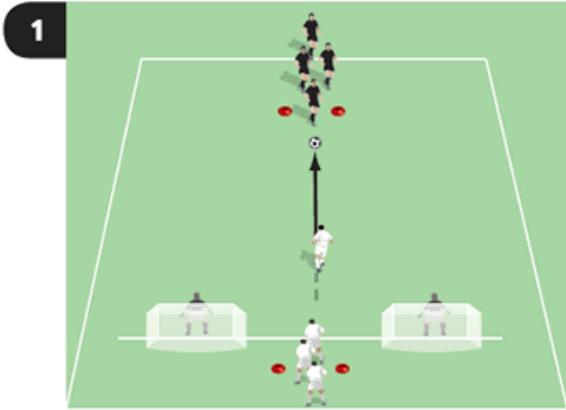


Delay the attacker in 1v1

By David Clarke

Delaying an attack is vital for defenders when they are on their own at the back waiting for reinforcements to arrive. As long as players know they will have back up and you give them the techniques to hold play up, they will be happy to keep their opponents at bay.

This session covers how an individual defender can delay attackers by pressuring quickly and forcing the attacker wide to hold play up.



KEY →

Player Movement Ball Movement

Set up an area 30 yards square and you need two goals, four cones with a ball between two.

How to play it

1. The defender passes the ball to the attacker and races out to defend.
2. The attacker must show a disguise and try to score in one of the two goals within five seconds of receiving the ball.
3. The defender must be light on his feet and stand up. Without committing himself, he must try to force the attacker into a mistake and delay play.

For the next attack, the players rotate positions.