

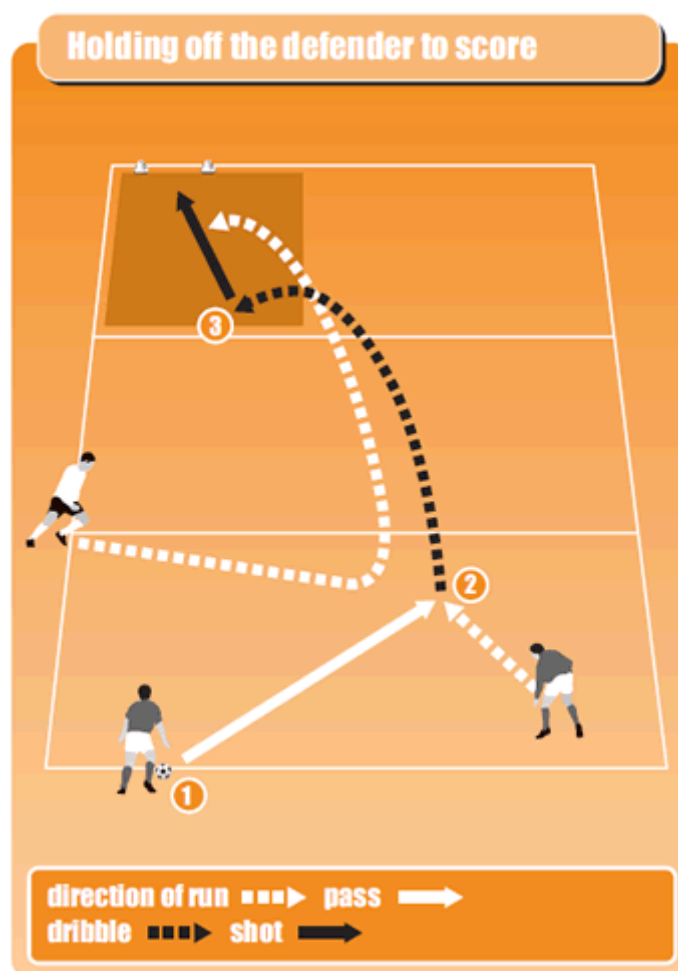
Stop the attacker 1v1

By David Clarke

The great thing about running 1v1 exercises is you can coach attacking and defending at the same time.

In this exercise, the attacker must shield the ball and show a change of pace. You can tell them you want to see a stop turn or a change of direction to fool the defender just before they enter the shaded area.

The defender, meanwhile, must use jockeying or blocking to hold up the attacker but cannot tackle until they get into the shaded area. The attacker is calling all the shots but the defender must try and steal the initiative.



How to set it up

Mark out an area 40 x 20 yards. You can make it smaller for younger players. In one of the corners, mark out a 10-yard square with a cone goal in it.

How to play it

The ball is passed so the attacker can run on to it.

The attacker must take full control of the ball at this point. The defender starts his run as soon as the pass is made and his first action is to hold up the attacker. The attacker should change his pace to fool the defender.

The defender cannot tackle until they get into the marked-off zone.

Once they get into the marked-off zone, the attacker must try to lose the defender with a turn - like a stop turn - then try to put the ball between the two cones. The defender must stick close to the attacker and try to get a block or tackle in to win the ball.