



# 1 vs 1 Defending in Grids Activity

**Category:** Technical: Defensive skills

**Difficulty:** Beginner

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## Description

### 1V1 defending in grids

10 x 10 grid

Player on the ball will play to opponent on opposite side of the grid and become the defender, defending his/her side.

Attacking player will try to score by dribbling the ball to opposite side of grid and stopping ball on line (can add goals, cones, gates e.t.c)

Defending player will work on containing the player and trying to win the ball back. If he/she wins the ball back, they try to score by dribbling to the line.

Play for 3 minutes and then switch up partners.

#### Coaching Points:

- Pressure the ball fast, show player one direction (arc run)
- Delay mentality - protect your goal
- Force player into less space
- Don't get caught square
- Stay on your toes, anticipate a mistake, win the ball and attack

