

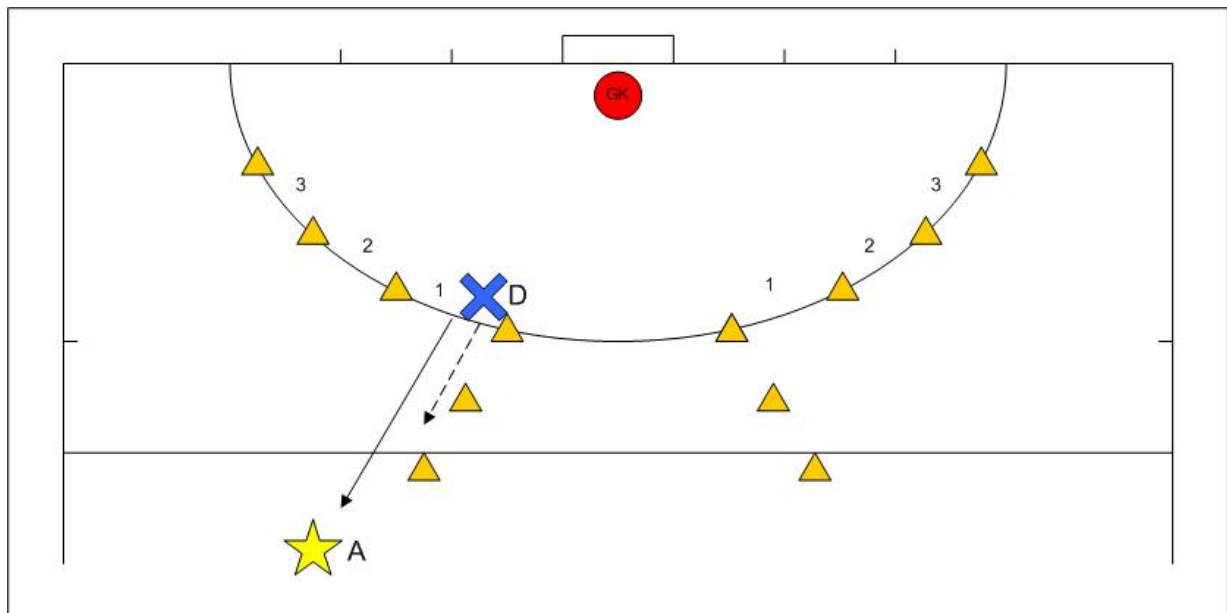
Title: Circle Defence & Attack 1 v 1

Aim: To play out a 1 on 1 situation at the top of the circle with an attacker and defender

Equipment Needed:

- 12 x cones
- 1 x ball
- 1 x attacker
- 1 x defender
- 1 x Goalkeeper (optional)

Set Up:



Description:

- Defender (D) passes the ball to attacker (A).
- Attacker goes 1 on 1 to try to penetrate the circle and get a shot on goal.
- The Defenders' priority is to stop the attacker getting through gate 1, then gate 2, then gate 3.
- Work both sides of the circle.

Coaching Points:

- Defender engages as far away from circle edge as possible.
- Defender must adopt a low body position and be side on to protect their feet from the ball.