

# 1v1 DEFENCE

## 1v1 Defence

Difficulty ● Ages 9+ for boys; 8+ for girls

### What is the skill?

The skill is the ability to dispossess the ball carrier in a 1v1 situation when other team mates are not in a position to support.

### When would the skill be used?

A defender is most likely to find themselves in a 1v1 situation when the opposition attacking quickly. For example, team A may find that most of their players are in team B's circle with a view to score, when team B gain possession of the ball & manage to move across the pitch at speed towards team A's defensive goal.

Team B's defenders will most likely find themselves in 1v1 situations against team A attackers whilst the rest of their team run from one end of the pitch to the other in order to provide defensive support.

## 1v1 Defence



Regaining control of a loose ball in a 1v1 situation

## 1v1 Defence



Channelling / tackling a player using the reverse stick

## 1v1 Defence



Channelling a player using the open stick



## 1v1 Defence

**When engaging with a defender, the attacker's primary objective is to eliminate the defender & continue the ball's course towards the attacking goal. Therefore defenders need to ensure that they are continuously able to engage with the ball carrier without being eliminated.**

**How does engaging with the attacker help the defensive team?**

- By engaging with an attacker, a defender should be able to slow down the attacker's course towards goal. In a 1v1 situation, the slower the ball travels the better, as it buys other defending players time to run back & enables the team to defend in greater numbers.
- By continually engaging with an attacker, the defender provides themselves with multiple opportunities to try & dispossess the ball carrier & gain possession.
- The defender may find that although they were in a 1v1 situation when they initially engaged with the attacker, by slowing the attacker down they gave other team mates the opportunity to run back & help defend. Therefore the defending players may find they are able to utilise double teaming or an even greater defensive number against 1 attacker in order to gain possession.

*For more information on Double Teaming please refer to Defensive Principles in:  
Proud to Coach Basic Skills E-book Volume 1*

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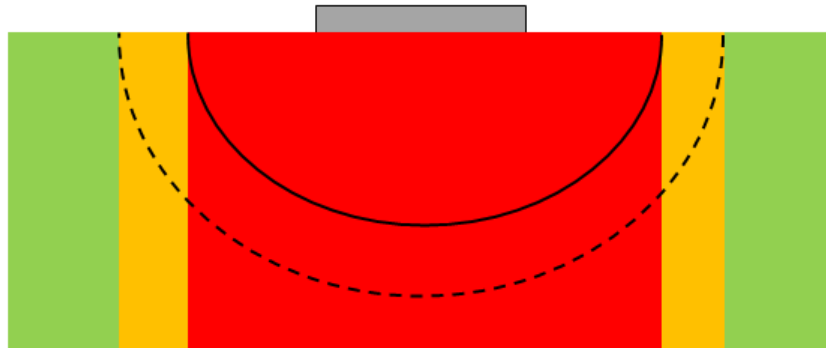
<b>Head</b>	<ul style="list-style-type: none"> <li>Defending players need to have good vision in order to identify when tackling opportunities are presented by cues given out by the attacking player, such as when the attacking player looks down towards the ball or takes their stick off the ball leaving it unprotected.</li> <li>It is important for defenders to be aware of the right time to make a tackle, e.g. if a defender makes a tackle too early &amp; is beaten by the attacker it might be the case that other defenders have not had the time to get back in order to provide additional defensive support.</li> <li>A better option for the defending player might be to put pressure on the attacking player by channelling them to safer areas of the pitch or onto a team mate's stick, combined with the use of the jab tackle in order to slow the ball carrier down.</li> </ul>
<b>Hands &amp; Arms</b>	<ul style="list-style-type: none"> <li>For most of the time the defender will engage with the attacker whilst positioning their left-hand at the top of the stick &amp; their right-hand half way down the stick. This hand position enables the defending player to execute defensive movement quickly.</li> <li>Defender switches grip whilst tackling according to the defensive principles being executed, e.g. channel, open-stick block tackle, reverse-stick tackle or jab tackle.</li> </ul>
<b>Body</b>	<ul style="list-style-type: none"> <li>Defender maintains an upright &amp; balanced body position whilst moving with the ball carrier, moving into lower body positions when employing tackling techniques.</li> </ul>
<b>Feet</b>	<ul style="list-style-type: none"> <li>Defender remains on the balls of their feet to facilitate movement changes, with narrow stance to allow them to change direction quickly when necessary.</li> <li>The defender should always have one foot in front of the other in order to prevent them from becoming flat footed; help them maintain a good distance from the attacker; &amp; to enable them to pivot whilst moving backwards.</li> </ul>
<b>Opponent</b>	<ul style="list-style-type: none"> <li>Defender closes down the distance between themselves &amp; the attacker. Running in an arc towards the attacker will enable the defending player to channel the attacker; dictating to the attacker which space they should &amp; which space they should not use.</li> <li>The engaging distance between the attacking player &amp; the defending player should be just over a stick length away. Being too close to the attacker will make it difficult for the defender to change direction when the attacker does. Being too far away will give the attacker space to run into; making the defender easy to beat.</li> <li>Defender should always look to channel the player towards the side lines or the base lines when engaging with them on either side of the pitch. On the left hand side of the pitch, it is likely that the defender will be channelling the ball carrier onto their reverse-stick &amp; also make tackles using their reverse-stick.</li> <li>Where possible, the defending player should attempt the channel the attacking player onto their open-stick side in order to tackle, however defenders must ensure that doing so does not lead to them being eliminated.</li> <li>The most dangerous part of the pitch for attacking players to have possession of the ball is in the centre. If an attacker enters the circle at the centre then they have a bigger target towards which to shoot.</li> </ul>
<b>Stick</b>	<ul style="list-style-type: none"> <li>The defender could use the jab tackle to slow the attacker down &amp; help maintain the engaged distance.</li> <li>A tackle such as a jab tackle could force the attacker to make an error or could present the defender with a good opportunity to make a block tackle.</li> </ul>

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## Areas of the Pitch

The diagram below depicts the most dangerous areas of the pitch for a defender when defending their half.

Defenders should try & channel players towards the sidelines or baselines when faced with a 1v1 situation & avoid letting attacking players move down the centre of the pitch, which is the quickest route to goal & gives the attacker the easiest angles to shoot from.



### Key

- Best part of the pitch for defenders to channel players towards
- Attackers in this area could move relatively easily into a good scoring position
- Most dangerous area for attackers to move within



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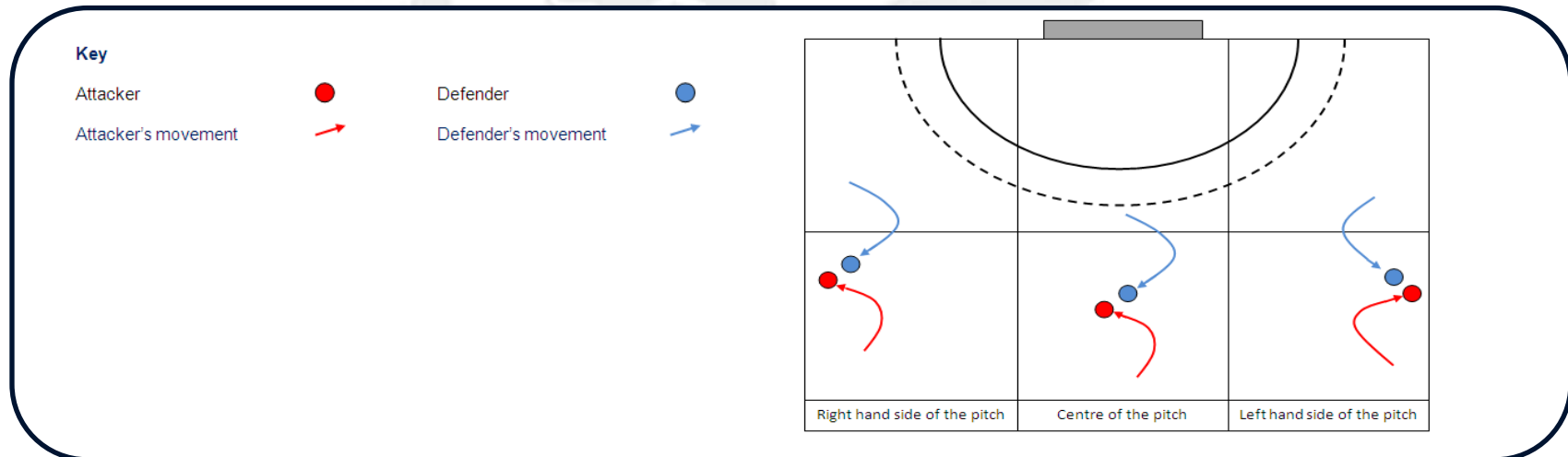
## Channelling in different areas of the pitch

Different techniques are utilised when channelling players in different areas of the pitch.....

**Right hand side of pitch:** Defender runs in an arc to channel players to the right hand side line & to the defender's open-stick side

**Centre of pitch:** Defender runs in an arc to channel players to their open-stick side

**Left hand side of pitch:** Defender runs in an arc to channel players to the left hand side of the pitch & the defender's reverse-stick side



*For more information on double teaming, channelling, jab tackle & open-stick block tackle please refer to Defensive Principles in Proud to Coach Basic Skills E-book Volume 1.*