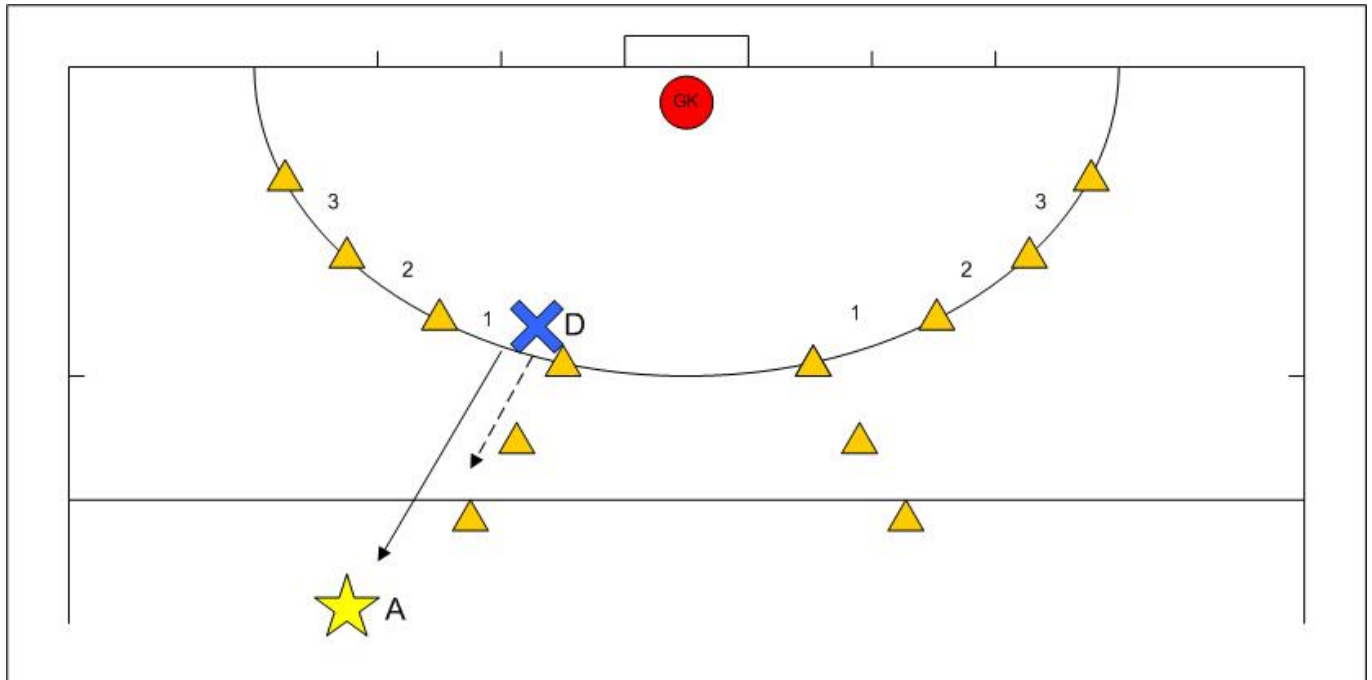


## CIRCLE DEFENCE & ATTACK 1v1



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.