

# Defending 1 v 1 Swap Grid



## Set Up

- ▣▶ 2 Players
- ▣▶ 6 Cones
- ▣▶ 1 Ball



- ▣▶ Grid 10 x 20 yards  
or 9 x 9 metres

## Coaching Points

This practice is designed to improve the player's one on one defending skills.

Two players are positioned in a grid 10 yards x 20 yards. The grid is divided into two smaller grids. To start the practice both players pass the ball around one of the grids. After several passes, one player plays the ball into the opposite grid for their partner to chase, control and turn. The player with the ball becomes the attacker and the other becomes the defender. To score a point the attacker must get past the defender and stop the ball at the opposite end of the grid. The defender scores a point by winning the ball and running with it to the attackers end of the grid. The practice is repeated, alternating roles each time. The speed of the practice should be increased gradually.

### The coach should emphasize the following coaching points:

- Pass the ball firmly into the opposite grid.
- Gain as much ground as possible as the ball is traveling.
- Slow down on the last 2 yards. Get low with knees bent.
- Prevent the attacker from turning whenever possible.
- Adopt a "side on" position.
- Make the direction of the play predictable.
- Timing of the tackle is important, wait for the forward to make his move.
- Quality tackling is as much an attitude as it is technique. Players must develop an aggressive and savvy attitude towards winning the ball.