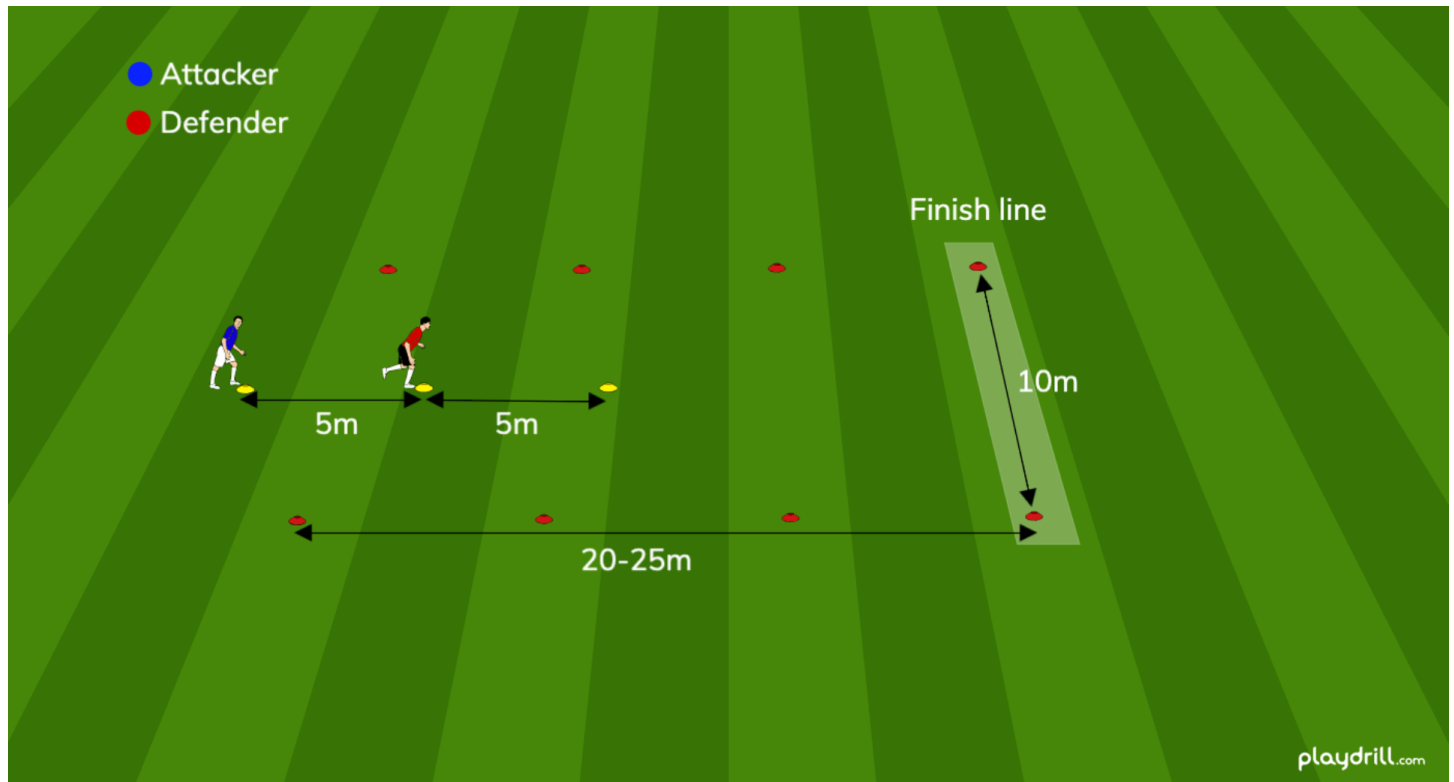


Defender Turnback



COD's

Attacker: 45°

Defender: 0-45° (conceding space)

Drill Focus

- Defender turning at speed while conceding space.
- Attacker taking advantage of the defender looking the other way.

Set up

The attacker and defender start facing the same way. The full length of the drill is 20m long, and 10m wide. On the coaches whistle or call, both players start running forwards. Once the defender reaches the next cone 5m ahead of them, they are allowed to turn around to try and two-hand tag the attacker.

Execution

The attacker doesn't have to run in a straight line behind the defender until they turn. They can choose to run on an angle to gain more space. The attacker is aiming to take advantage of the defenders lack of knowledge of where they are. The defender is aiming to turn quickly and be in a position to close space on the attacker.

Make sure players are switching between attacking and defending, and competing against different opponents.

Tips

The attacker might aim to cut to the side the defender turns away from. E.g. if the defender rotates left to turn around, the attacker cuts right.

Encourage the defender to maintain speed running backwards. They will have a far better success rate than simply turning and stopping at the cone to try and tag the attacker.

Troubleshooting

- If the attacker is having a very high success rate, try narrowing the playing area to give them less space to work with.
- If the defender is having a very high success rate, try widening the playing area, or increasing the distance from their starting cone to the turning cone.