

## One on One Defending

### Closing Down Ball Carrier



**WRONG**  
too far away  
body square  
knees straight

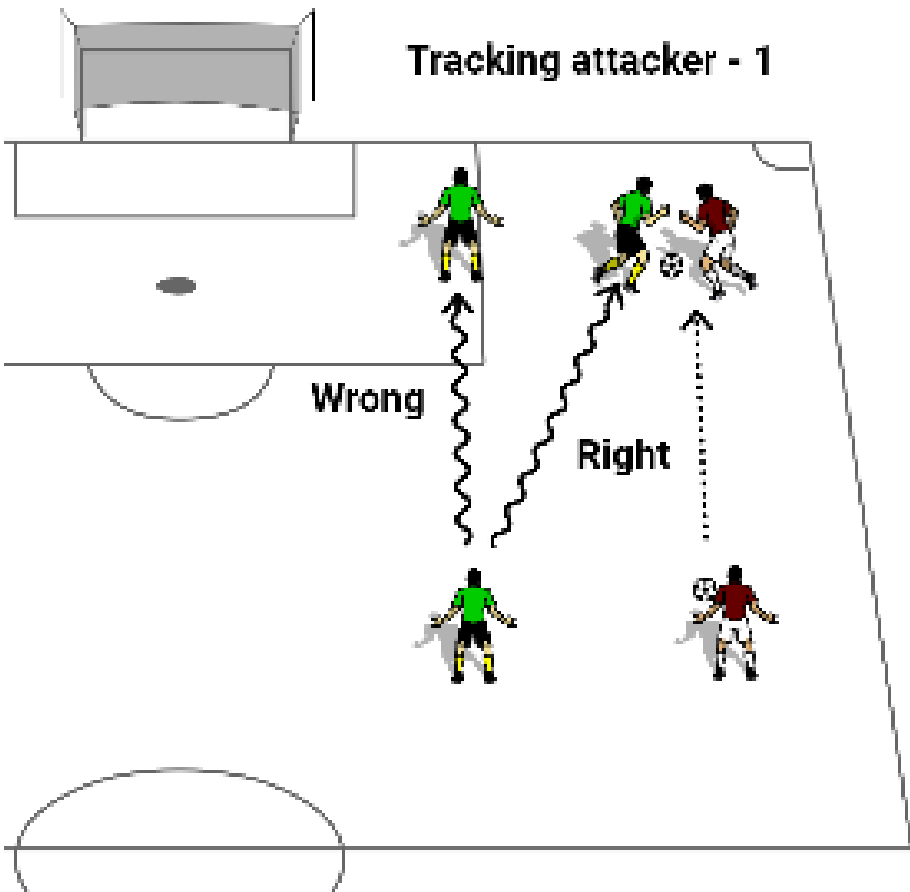


**RIGHT**  
arm's length away  
body angled  
knees bent

### Key Principles:

1. Close down space to attacker quickly.
2. Slow down when one arm's length (one step) away
3. Keep eyes on ball
4. When attacker moves ball and increases distance between ball and foot, tackle the ball. Do not poke foot in, firmly hit ball with body leaning forward, or if distance permits, get body between ball and attacker
5. If attacker shoots, block shot
6. If attacker passes/crosses, intercept or block

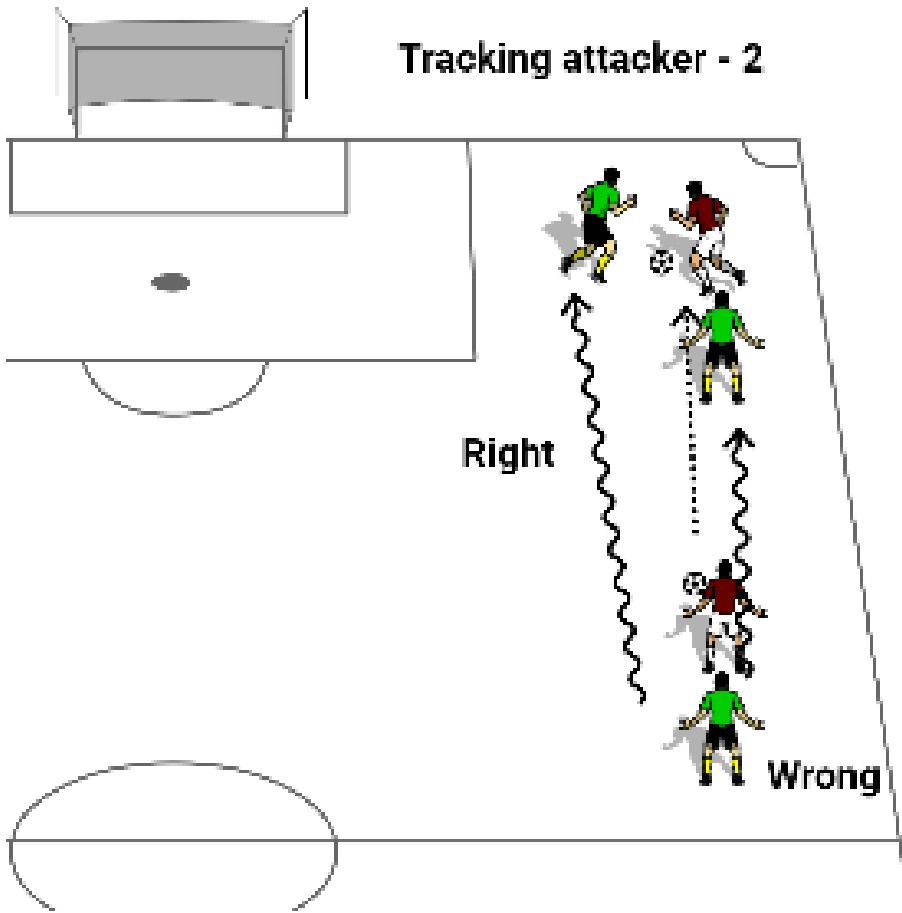
### Tracking attacker - 1



### Key Principles:

1. Close down space to attacker quickly, making a diagonal run
2. Position body goal side
3. Force attacker away from net
4. Follow key principles from above

## Tracking attacker - 2



### Key Principles:

1. Do not chase attacker staying behind.
2. Close down space to attacker quickly, making a diagonal run. This is running a slightly longer distance than attacker so defender has to sprint faster than attacker runs with ball. Attacker will need to turn eventually and that gives extra time for defender to get into position
3. Position body goal side
4. Force attacker away from net

Follow key principles from above