

Duel: 1+1v1

GOAL: Improve play in the tackleline

EXERCISE DESCRIPTION:

The 1 on 1 starts with the attacker on the opposing side of the grid.

When the attacker starts his run, the second attacker can go and support the Ball Carrier.

KEY FACTORS:

- The ball carrier has to go forward as quickly as possible.
- The first defender makes contact as soon as possible.
- The second attacker must anticipate his actions.

Source: Plaisir de Mouvement, Stage Pierre Villepreux



Startopstelling Duel - 1+1v1