

Topic: 1v1 Defending

Objective: To improve body shape, anticipation and intervention when defending 1v1

Session Part: Technical Warm-up



Organization

Time: 15

Area: 10 yards
Numbers: 2+

1v1 Delay

Players place 2 cones 10 yards apart and take position at a cone each. The defender plays the ball to the attacker who is trying to get around the defender back to the defender's starting position. The aim of the defender is to see how long they can delay the attack. Defenders are passive in that they aren't going in for tackles but instead, using a good approach and body shape to delay the attacker

Progressions

Can allow the defender to make a poke tackle (with the front foot) if the attacker presents the opportunity (has a loss of control)

Coaching Points

SHUT down - fast approach at good angle
SLOW down - do not dive in
SIT down - adopt lower, side on body shape
STAY down - don't get 'stood up' or caught square
SHOW down - show weak foot/away from goal

Session Part: Small Sided Game



Organization

Time: 20

Area: 10x10
Numbers: 2

1v1 to targets

Defender plays the ball in to the attacker who uses the space in the grid to get beyond the defender to reach the defender's start point. Can play 4 per grid going in opposite diagonals.

Progressions

Attacker can now attack the 2 wide targets opposed to just the one in behind, causing additional concerns for the defender which may change their angle of approach, where they look to show the attacker and how much space they allow them

Coaching Points

Continue to look at 5 'downs' and which areas individuals need help
How the space given to the attacker may change when given multiple targets
When to poke or block tackle

Session Part: Expanded Small Sided Game



Organization

Time: 25

Area: 25x15
Numbers: 12

2v1 to target

Defender plays the ball into 1 of 2 attackers then closes down. Attackers attempt to beat the defender to play the ball to the next defender in line.

The defender aims to prevent a successful attack by not allowing the 1st attacker to beat them on the ball but also cutting off the angle for a pass to the 2nd attacker. Defender dribbles over line if wins ball

Progressions

If the defender wins the ball they can play the ball into the next defender in line which enables them to enter play giving a 2v2

Coaching Points

Angled approach to immediately cut off passing option and show down the line
Get out fast but don't over run attackers if they are attacking at pace

Session Part: Game



Organization

Time: 30

Area: Full Field
Numbers: 9v9

3-4-1 vs 3-4-1

Players will be paired against opposite number for 1v1's in all areas of the field

Progressions

Zonal defending of the back 3. Isolates them into individual areas and will have to deal with 1v1 or 2v1 attacks in their areas

Coaching Points

Patience and discipline; Primary objective is to delay the attack on goal
Decisions in when and how to tackle; If an inside defender is making a recovery run as 1st defender gets beat what mistake did 1st defender make?