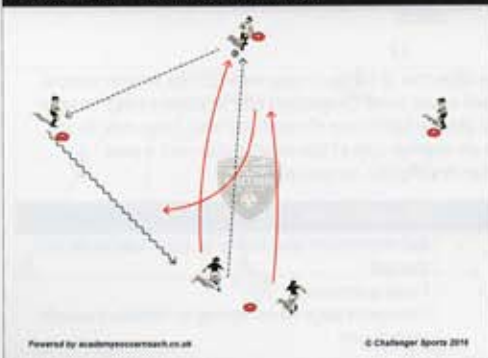


Topic: 1v1 Defending

Objective: To teach how to prevent being turned and how to retreat and recover if this happens

Session Part: Technical Warm-up



Organization **Time:** 15

Area: 15 up and 5x10 wide
 Numbers: 5
 Ball is played to 1st attacker and closed down by 1st and 2nd defender
 1st attacker chooses to play to the left or the right and this will dictate who will have to make the recovery run.
 Recovering player chases down the player on the ball dribbling back to the start.
 2 defenders rotate with wide players

Progressions	Coaching Points
Allow the 1st attacker to hold or dribble the ball, what defender will recover when they are more compact?	Quick to close down 1st attacker Decision in who makes and how the recovery run is made

Session Part: Small Sided Game



Organization **Time:** 20

Area: 25x25
 Numbers: 10
 3v2
 Defender plays ball into 1 of 3 attackers and aim to delay, dispossess and counter attack. With the attack having the extra player it is likely they will be able to find the weak side to play forward and cause 1 of the 2 defenders to make a recovery run.
 5 players go length ways then the next 3v2 goes across them.

Progressions	Coaching Points
Add an additional defender to go 3v3, a ball into the middle causes more decisions to make on who is to recover to defend the 1st attacker	Don't hesitate Get to the ball to put in a challenge or minimally obstruct path to goal Remaining defender get back to support 1st defender

Session Part: Expanded Small Sided Game



Organization **Time:** 25

Area: Final Third
 Numbers: 9
 5v3 +GK
 The team of 5 attack the goal while the 3 try to play out to 2 targets.
 3 should defend as a unit and quickly identify roles as ball is played through 5 attackers. 5 attackers look to play a pass down the line or a through ball splitting the defense.

Progressions	Coaching Points
Press higher to attempt to prevent quicker attack but will also give more space in behind for the attack	3 defender quickly identify roles Recovery runs made as soon as ball is played through and remaining defenders retreat and support 1st defender

Session Part: Game



Organization **Time:** 30

Area: Full Field
 Numbers: 9v9
 3-3-2 vs 3-3-2
 Recovery runs are important for defenders and midfielders, formations provide two banks of 3 to give both lines opportunities to recover as a unit

Progressions	Coaching Points
High press	Primary goal is to prevent scoring opportunities, speed of recovery will help success here Communication from GK and CB to help quickly identify roles