



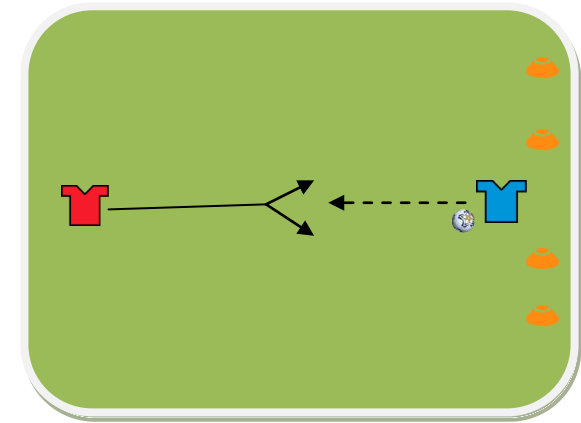
Session Focus.... Defending 1v1

Organisation/Set up....

Players needed: Minimum of 2

In pairs, the defensive player (blue) starts with the ball and passes into the attacker (red) whom tries to dribble through gates left or right.

The defender shuts down the attacker to stop the player progressing forward.



Corner Coaching Points and Detail....

Shut Down – As quickly as possible, with big stride lengths

Slow Down – Slow your feet down but don't stop

Sit Down – Side on, low to the ground. Knees bent, arms out for balance

Stay Down – Then keep a good defensive posture ready to adjust body shape to match movement and direction of the attacker.

How to play....

Player Challenge....

Measure your progress: Keep practicing your defensive skills. Every week, test your defending technique.

Log your progress each week and look for your personal improvement. With this test, have 10 attempts in the 1v1 situation.

How many times were you successful out of 10? If defender gains possession he/she dribbles to the attackers start position.

Technical/Tactical

How:

Body shape, side on and slightly crouched (surfing).
Pivot from front foot to back foot.

Why:

Position body opposite attackers strongest foot and the ball.

When:

As an isolated defender with no support.

Why:

Deny the attacker the space to dribble forward (or shoot in a match scenario) resulting in the attacker moving the ball onto their weaker foot or going backwards.

Psychological

How:

By being in the correct body position and space showing constraint and patience.

Why:

Try to force the attacker away from goal and onto weaker foot.

When:

The attacker is going towards your goal and you have no support.

Why:

Dictate play so they cannot dribble forwards (or shoot in a match scenario) and they might lose control or have a heavy touch of the ball.



Physical

How:

Close down fast. Decelerate on approach.

Why:

To put the attacker under pressure.

When:

Immediately as the attacker receives the ball.

Why:

To limit the attackers time and space to make decisions.

Social

How:

In a match scenario listen and trust your goalkeepers information and communication.

Why:

They have the best visual pictures of the scenario.

When:

He/she has the best visual picture of the scenario.

Why:

Trust team-mates decisions.