


<b>Title: Defensive Confidence - Dealing with 1v1 situations</b>					
<b>Date:</b>	<b>Venue:</b> Football Pitch	<b>Duration:</b> 1 Hour	<b>No of Players:</b>	<b>Ability / Level:</b> All Ages and Abilities	<b>Equipment:</b> Balls, Bibs and Cones
<b>Session Goals:</b> To make defenders more confident at dealing with 1 vs 1 situations and try to hold up the attacker, forcing them outside or onto their weaker foot, rather than necessarily committing to the challenge.			<b>Personal Coaching Goals:</b> There's nothing worse than a defender who dives in willy nilly. To help prevent this sort of reckless defending in this session we look at ways you can get your players to hold up their man, force them wide and away from the danger area.		

Time	Task / Activity / Session Content	Coaching Points
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### Warm Up - Lateral Movement and Shadowing

<p><b>Two Sided Goal - 1v1</b></p> <p>Players work with two cones and one ball between each pair. The cones should be placed about a meter apart to form a goal.</p> <p>One player is the defender and the other is the attacker. The attacker is trying to score a goal by running through the cones while the defender is trying to shield them away from the goal and make the tackle.</p> <p>Players can score through either side of their goal and their is no "out of bounds".</p>		<div style="background-color: #ADD8E6; padding: 5px;"> <p> <b>Coaching Tips</b></p> <p>Players work for one minute before changing roles. If the defender makes a tackle the ball should be given back to the attacker so that the drill can continue.</p> <p><b>Attackers:</b> The attacker should try and use a change of pace and direction to create an opening to dribble the ball through the cones.</p> <p><b>Defenders:</b> The defender should try and shepherd the attacker away from the cones with their body position by keeping a low center of gravity so that they can quickly change direction and make an interception when the opportunity presents itself.</p> </div> <div style="text-align: right; margin-top: 10px;">  </div>
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### Defensive Warm Up Game

<p><b>Dribble through the grid - 1v1</b></p> <p>Set up two lines of players on either side of a large grid (approx 8m x 8m).</p> <p>The players on the outside of the grid are the attackers and must try to dribble through the grid to pass the next player.</p> <p>The defender is trying to dispossess the attacker or force them out through the side of the grid.</p>		<div style="background-color: #ADD8E6; padding: 5px;"> <p> <b>Coaching Tips</b></p> <p>Attackers should be quick and the drill should be continuous so that players are working hard and trying to catch the defender off balance.</p> <p>Defenders will be looking to stand their ground, show the attackers out to one side (stand sideways, with bent knees) and to slow the attacker down so that they can make the tackle.</p> </div> <div style="background-color: #FFDAB9; padding: 5px; margin-top: 10px;"> <p> <b>Notes</b></p> <p>If the attacker is successful the next player in line goes immediately and tries to beat the defender again in another 1v1.</p> <p>If the attacker is unsuccessful they become the next defender and the successful defender joins the back of the line.</p> </div>
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### Run out to the player - 1v1

Set up a line of defenders on both sides of your 18 yard box and two lines of attackers roughly in line with the edge of the center circle.

On the coach's call the attackers should sprint towards the goal. At the same time the defender should run out and try to do the following:

1. Get themselves between the attacker and the goal.
2. Try to channel the attacker out towards the wing.
3. Slow the attacker down to force their head down.
4. If possible make the interception

If the attacker gets past their defender they can shoot on goal.



### Coaching Tips

This drill replicates how first defenders should run out and defend against an attacker who is bearing down on goal.

Encourage defenders to run out quickly but not to over commit!

Adopt a surf position when defending, mirror the attacker and try to channel them away.



### Notes

Repeat several times on both sides. All players should have a go at defending as defending is everyone's responsibility on the pitch and starts from the front the moment your team loses possession!

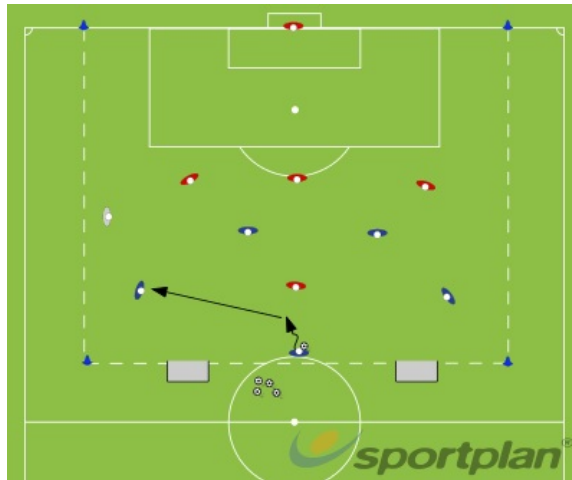
### Conditioned Game

#### Three Goal Game

Set up two teams, with 5 on field (3-2 formation) playing against the 4 on field defenders (3-1 formation).

The attacking team start with the ball and then the game is live!

Attackers can score in the normal-sized goal and the defenders can score in either of the two smaller goals (use cones) at the opposite end.



### Coaching Tips

The defence will be out numbered in this game so they will need to work hard to keep the attack out. They will need to communicate at the back, shuffle and pass players on to ensure they're not pulled out of position!



### Notes

#### Moore v Pele

Solid defending at it's technical best.

In England's Group game with Brazil at the 1970 World Cup Bobby Moore steps up to the plate against one of the game's greatest ever players.



### Progression

Add extra players (extra defenders to make it easier, extra attackers to make it tougher).

Decrease the width of the playing area.

Enforce a keep the ball on the floor rule or a two-touch rule to speed up play.

#### Other Comments:

"Play the game, not the occasion" Alex Ferguson

#### Evaluation: