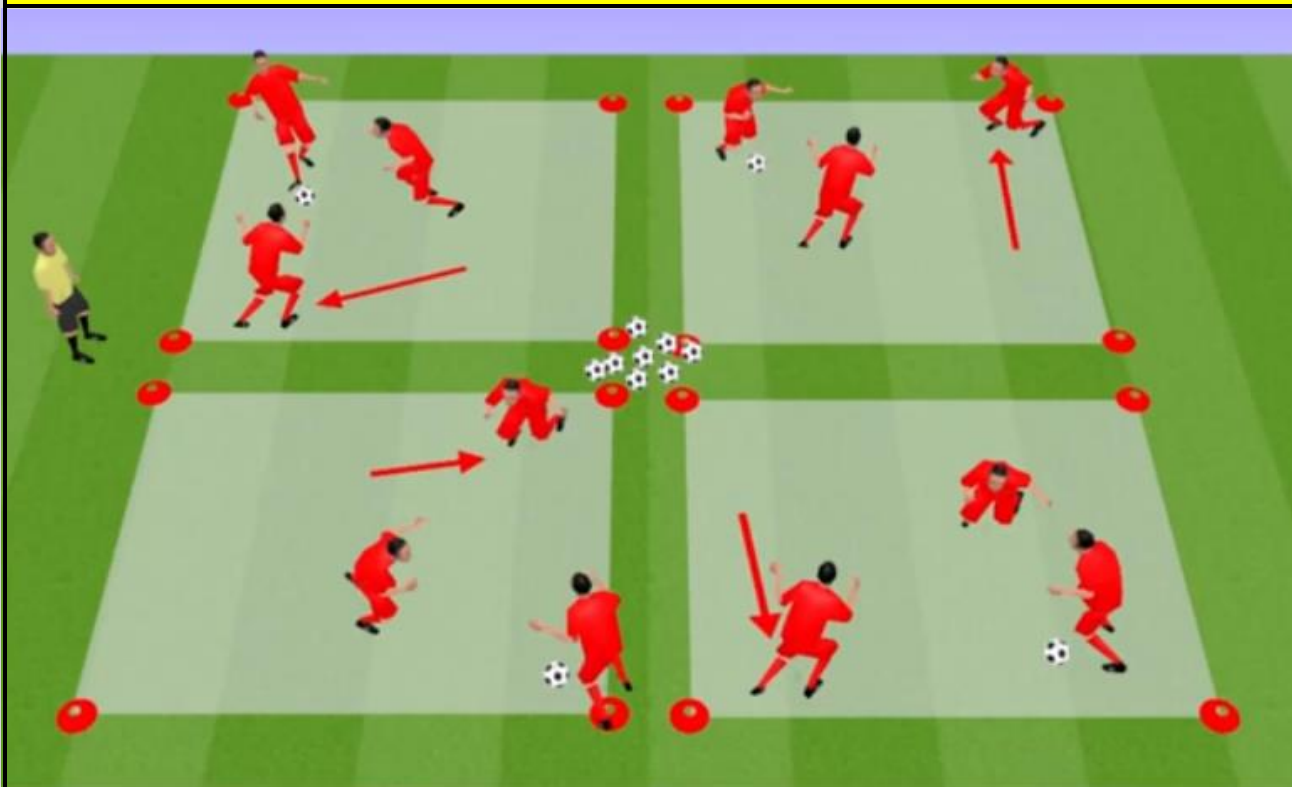


Session Plan 7 – Topic: 1v1 Defending & the 4Ds of the 1st Defender

WARM UP: Keep Away - Continuous 2 v 1

[VIDEO LINK CLICK HERE](#)



Time: 10mins & after a dynamic & running warm-up

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Two players try to keep the ball away from the defender. If possession is lost, the defender roles change

Coaching Points:

- Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- Channel the play away from space & their support to create a 1v1

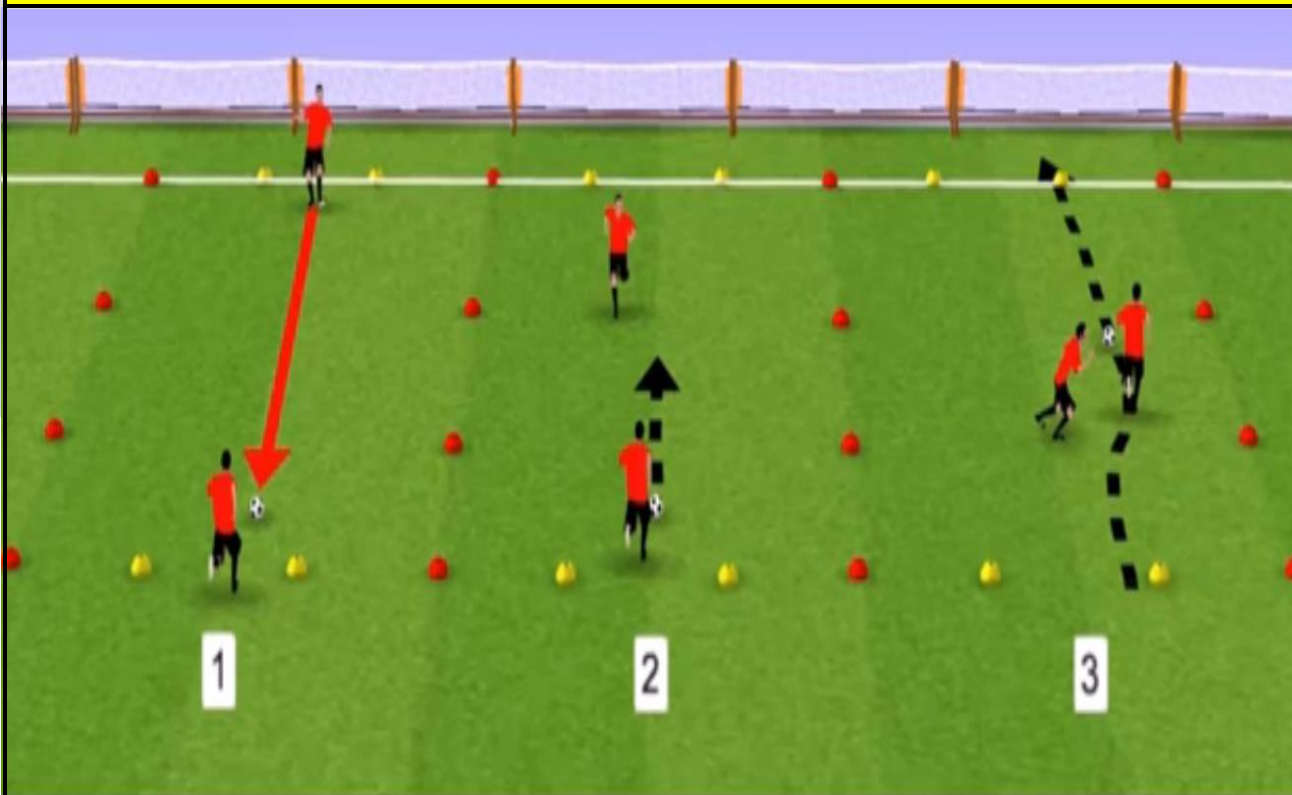
Intervention Key Questions:

- If you're the 1st defender, how should you approach the ball?
- What happens when we give the attacker time & space with the ball?
- Do we want to give them two directions to play the ball?
- Which way should we channel the play?
- How should my body position be when I approach the ball?

Constraints to Modify or Challenge: Size of playing area or numerical balance (ie could be 1v1, 3v1, or 3v2)

STATION 1: 1v1 Dribbling Ladder

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 15x10 yards channels

Organization / Equipment: Cones, Balls, Pinnies & a Gates

Explanation: A 1v1 towards a goal. The defender plays the ball to the attacker. Switch roles each time. Award a point for defensive success. Make a competitive ladder with 2-3 minute games. The winner moves up the ladder and the non-winner moves down.

Coaching Points:

- Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- Channel the play away from the space
- Channel to the sideline to suffocate player's space

Intervention Key Questions:

- If you're the 1st defender, how should you approach the ball?
- What happens when we give the attacker time & space with the ball?
- Do we want to give them two directions to play the ball?
- Which way should we channel the play?
- How should my body position be when I approach the ball?

Constraints to Modify or Challenge: Size of playing area. Dribble over line instead of gate.

Session Plan 7 – Topic: 1v1 Defending & the 4Ds of the 1st Defender

STATION 2: 2v2 Towards a Goal

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25x25 yards

Organization / Equipment: Cones, Ball, Pinnies & Goals

Explanation: A wave activity. Two players attack two defenders with the emphasis of the 4Ds of good defenders. Change the defenders periodically.

Coaching Points:

- i) Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- ii) Channel the play away from the space
- iii) Channel to the sideline to suffocate player's space

Intervention Key Questions:

- i) If you're the 1st defender, how should you approach the ball?
- ii) What happens when we give the attacker time & space with the ball?
- iv) Do we want to give them two directions to play the ball?
- v) Which way should we channel the play?
- vi) How should my body position be when I approach the ball?

Constraints to Modify or Challenge: # of attackers. Perhaps 3v2 & raise the defensive demands.

STATION 3: 2v2+2 Mark Players & Lane

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25 x 20 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: A Continuous 2v2. After a team attacks they then defend. 3pts for a goal from a one two or overlap. 1 pt for a normal goal.

Coaching Points:

- i) Mark the lane & mark the players – don't let them play forward & through
- ii) Read the passer's body language on where they are passing (cognitive triggers of anticipation)
- iii) Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- iv) Channel the play away from the space & support

Intervention Key Questions:

- i) If you're the 1st defender, how should you approach the ball?
- iii) What happens when we give the attacker time & space with the ball?
- ii) Do we want to give them two directions to play the ball?
- iii) Which way should we channel the play?
- iv) How should my body position be when I approach the ball?

Constraints to Modify or Challenge: Size of playing area. Change the numerical advantage (2v1 in middle)

Session Plan 7 – Topic: 1v1 Defending & the 4Ds of the 1st Defender

**SMALL SIDED END GAME 5v5
(Regular FIFA Rules)**

Time: 20mins

Size: May vary but ideally 35x20 yards

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions