

## Session Plan 7 – Topics: 1v1 Defending & the 4Ds (Close Down, Slow Down, Get Down & Side On, Show Down!)

### DIRECTIONAL 3v1

[VIDEO LINK CLICK HERE](#)



**Time:** 10mins

**Size:** 8x16 yards

**Organization / Equipment:** Cones & Balls

**Explanation:** Players try steal or spoil possession to switch roles. After 5 passes the ball can be played to the opposite target player. When this happens the other defender enters & uses the 4Ds (below)

**Coaching Points:**

- i) Pressure quickly (Close Down)
- ii) Jockey with body side on and balanced to channel the play & split the field (Slow Down & Get Down)
- iii) Anticipate & read cues (eyes, hips, shoulders, etc) to intercept directional pass (Show Down)

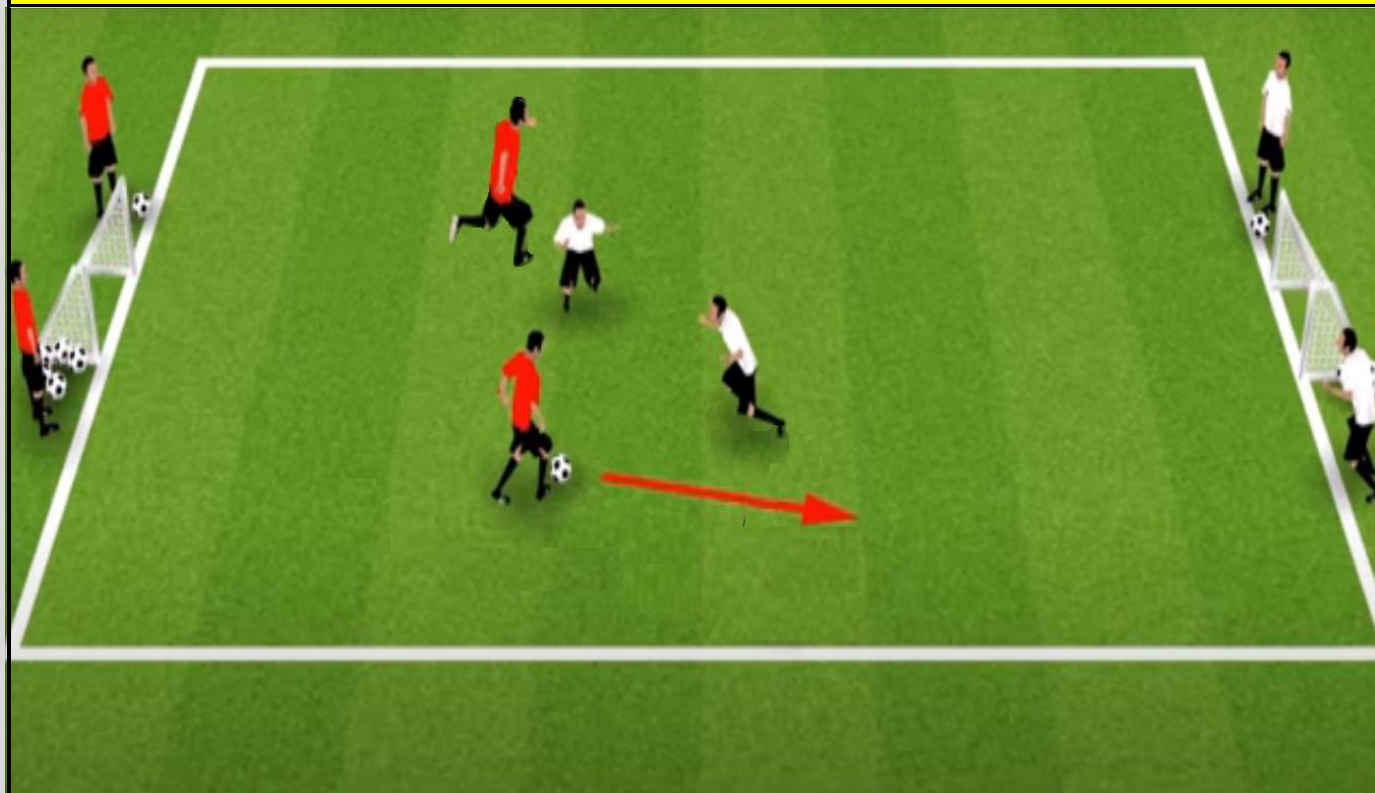
**Intervention Key Questions:**

- i) What tells us where a player is passing?
- ii) As the first defender, how can you make it predictable and easier to intercept the ball?

**Constraints to Modify or Challenge:** Size of playing area. Number of players (ie 4v2)

### CONTINUOUS 2v2 or 2v2 GAMES

[VIDEO LINK CLICK HERE](#)



**Time:** 15mins

**Size:** 25x15 yards channels

**Organization / Equipment:** Cones, Balls, Pinnies & a Goals

**Explanation:** Play a continuous 2v2 towards a goal or 2v2 games. Once a pair attack the goal they then defend switching roles each time. Award 2 points if a player can tackle & win the ball and then score. If you have a big squad, create two or more fields.

**Coaching Points:**

- i) Pressure quickly (Close Down)
- ii) Jockey with body side on and balanced to channel the play & split the field. Take away the option to pass (Slow Down & Get Down)
- iii) Anticipate the ball being pushed - read cues of leg/foot movement (Show Down)
- iv) Use arm to control space and not allow attacker to get to the ball

**Intervention Key Questions:**

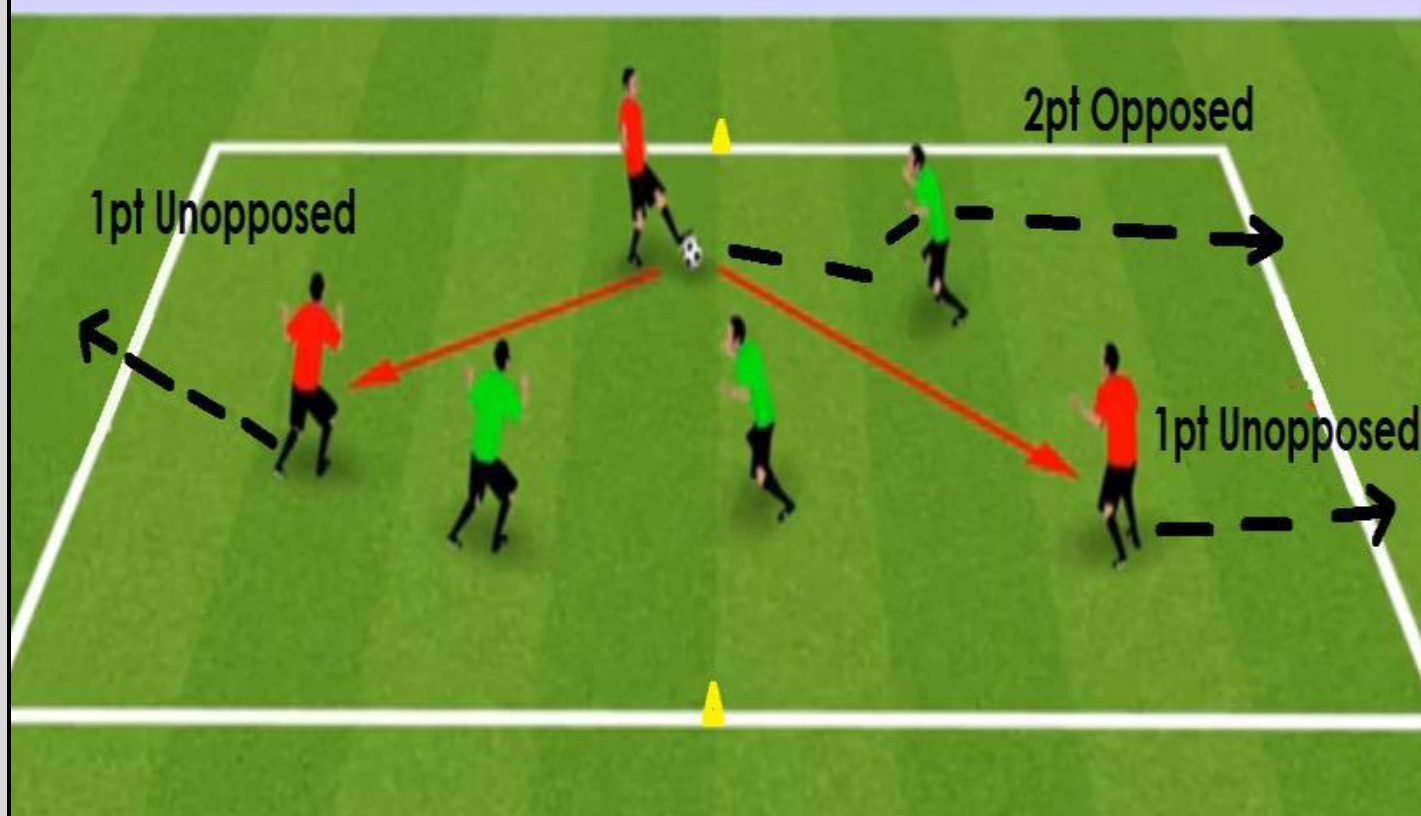
- i) How can you make this a 1v1 scenario?
- ii) As the first defender, how can you make it predictable and easier to intercept the ball?

**Constraints to Modify or Challenge:** Size of playing area. Add an attacker/floater to make it harder (ie 3v2)

## Session Plan 7 – Topics: 1v1 Defending & the 4Ds (Close Down, Slow Down, Get Down & Side On, Show Down!)

### WHICH WAY?

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**Time:** 20mins

**Size:** 15x20yards

**Organization / Equipment:** Cones, Balls, Pinnies & Goals

**Explanation:** A 3v3 towards an endzone. The team must progress the ball over half and then can attack any end for a point. If they go past a defender with a dribbling feint they get two points.

**Coaching Points:**

- i) Pressure quickly (Close Down)
- ii) Jockey with body side on and balanced to channel the play & split the field. Take away the option to pass (Slow Down & Get Down)
- iii) Anticipate the ball being pushed - read cues of leg/foot movement (Show Down)
- iv) Use arm to control space and not allow attacker to get to the ball

**Intervention Key Questions:**

- i) How can you make this a 1v1 scenario?
- ii) As the first defender, how can you make it predictable and easier to intercept the ball?

**Constraints to Modify or Challenge:** Size of playing area. Add an attacker/floater to make it harder (ie 4v3)

### EVEN SIDED END GAME (Regular FIFA Rules)

**Time:** 20mins

**Size:** May vary but ideally 30x40 yards or more

**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

**Constraints to Modify or Challenge:** floater use or size of playing area