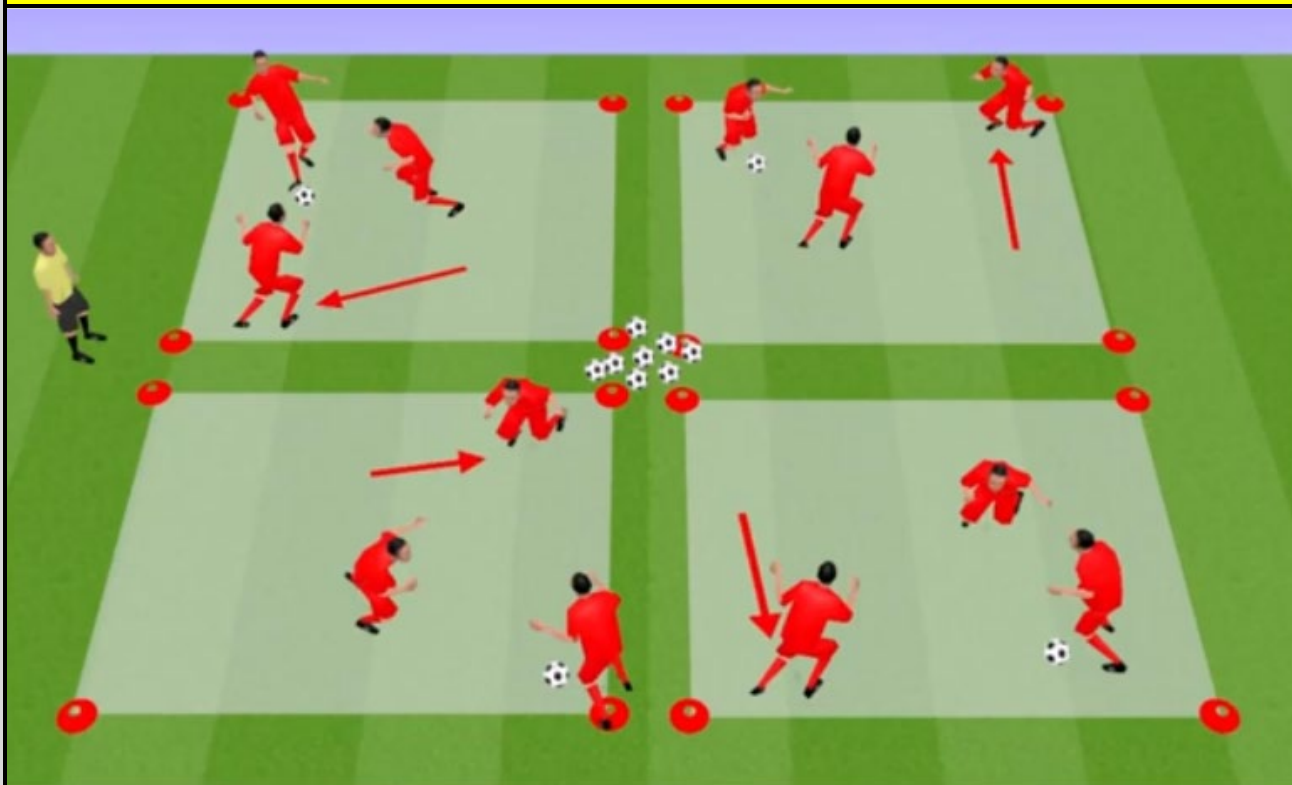


## Session Plan 7 – Topic: 1v1 Defending & the 4Ds of the 1<sup>st</sup> Defender

### 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:

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

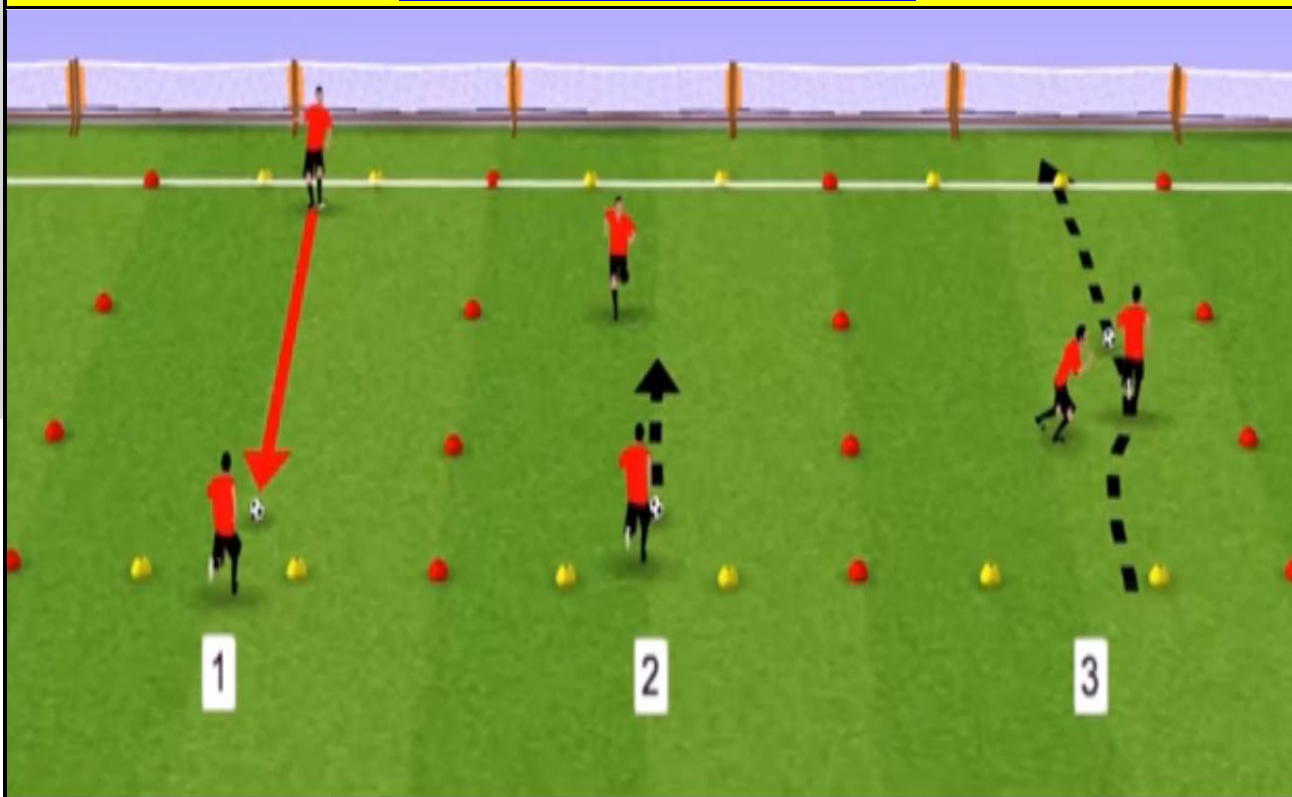
#### Intervention Key Questions:

- i) If you're the 1<sup>st</sup> defender, how should you approach the ball?
- ii) What happens when we give the attacker time & space with the ball?
- iii) Do we want to give them two directions to play the ball?
- iv) Which way should we channel the play?
- v) 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:

- 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 1<sup>st</sup> defender, how should you approach the ball?
- ii) What happens when we give the attacker time & space with the ball?
- iii) Do we want to give them two directions to play the ball?
- iv) Which way should we channel the play?
- v) 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 1<sup>st</sup> 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 1<sup>st</sup> 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.

### SMALL SIDED END GAME 4v4 (Regular FIFA Rules)

**Time:** 20mins

**Size:** May vary but ideally 25x20 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