

## Football Specific Theme: 1v1 Defending – Training 1

### Warm Up (15 mins)

#### Set Up:

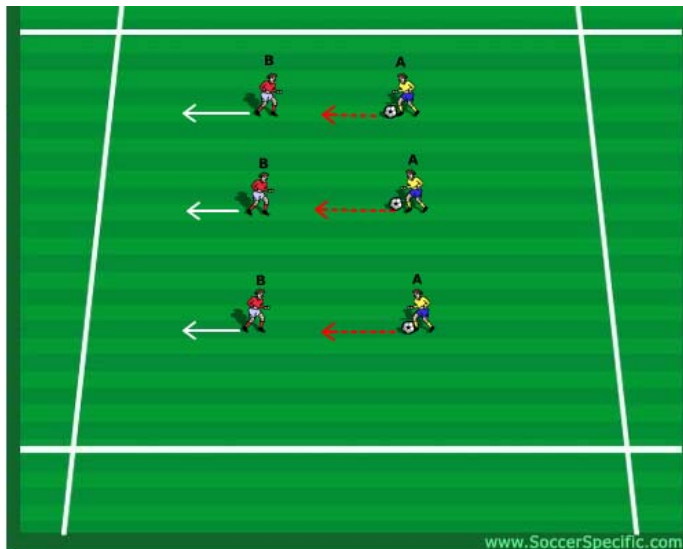
Players work in pairs with 1 ball between 2 players and spread out in the space dedicated for the warm up. Player A drives forward dribbling the ball towards player B. Player B moves back with front foot facing forward and keeping on the balls of their feet.

#### Progression:

Ask the defending player to challenge for the ball.

#### Coaching Points:

Body position – low, ready.  
 Upper body upright.  
 Focus on the ball.  
 Quick feet adjustment.  
 Front foot in a forward stance to react quickly to changes of direction of the attacking player.



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

### Dynamic Stretching (5 mins)

### Speed and Agility (10 mins)

### 1v1 Drill (15 mins)

#### Set Up:

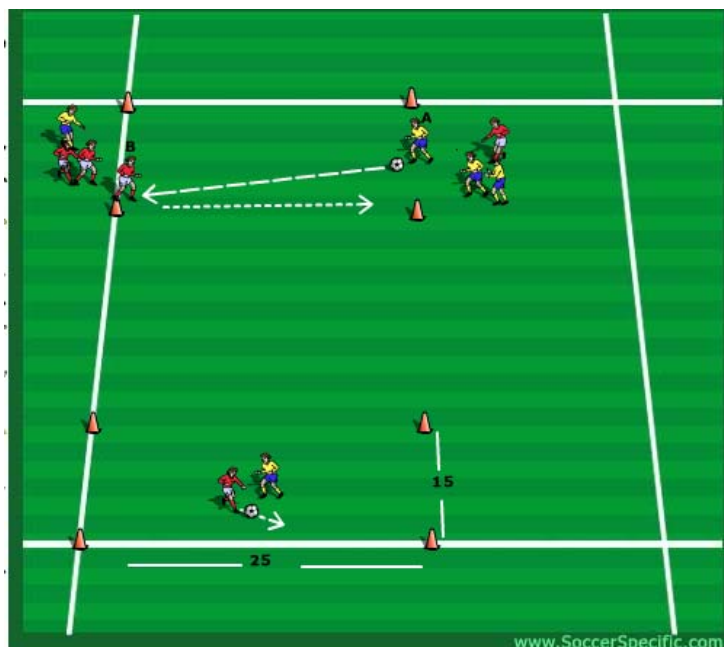
The area is a channel (25 meters by 15 meters), 4 players on each side is a good number. To start the drill, Player A plays a pass to player B, Player A becomes the defender and player B becomes the attacking player. Player B tries to dribble the ball across the line protected by player A.

#### Progression:

Increase speed, attacking player should increase to game speed.

#### Coaching Points:

Deny opponent space and time.  
 Delay opponent – don't over commit.  
 Body position – channel opponent out.  
 Assess opportunity for "quick steal".  
 Close, strong, well-timed challenge.  
 Stay on feet.  
 Recover quickly.



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### 1v1 Defending Game Related Practice (20 mins)

**Set Up:**

Use the sideline for marking out the area. Player B plays a pass to player A, Player A dribbles the ball to the centre box, player B defends the centre box, The object of the practice is to channel player A, out of the box.

Change side on attacker and defender after 10 mins.

**Progression:**

Increase speed, attacking player should increase to game speed.

**Coaching Points:**

As in 1v1 drill.  
Channel over the sideline.



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Ensure good strike on the ball from passer and movement towards the ball when receiving it.

### Conditioned Game (25 mins)

**Set Up:**

Conditioned Game 9v9 (1-3-2-3)

**Conditions:**

1, 2 or more than 4 touches.  
If a player touches the ball 3 or 4 times possession is giving to the other team.

**Coaching Points:**

The players are encouraged to control the ball with one touch and play quick passes. When the opportunity of a 1v1 appears the defending player should be coached on the defending principles bedded down in the session.



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### Homework – Individual Specifics (20 mins)

### Cool Down (10 mins)