

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)

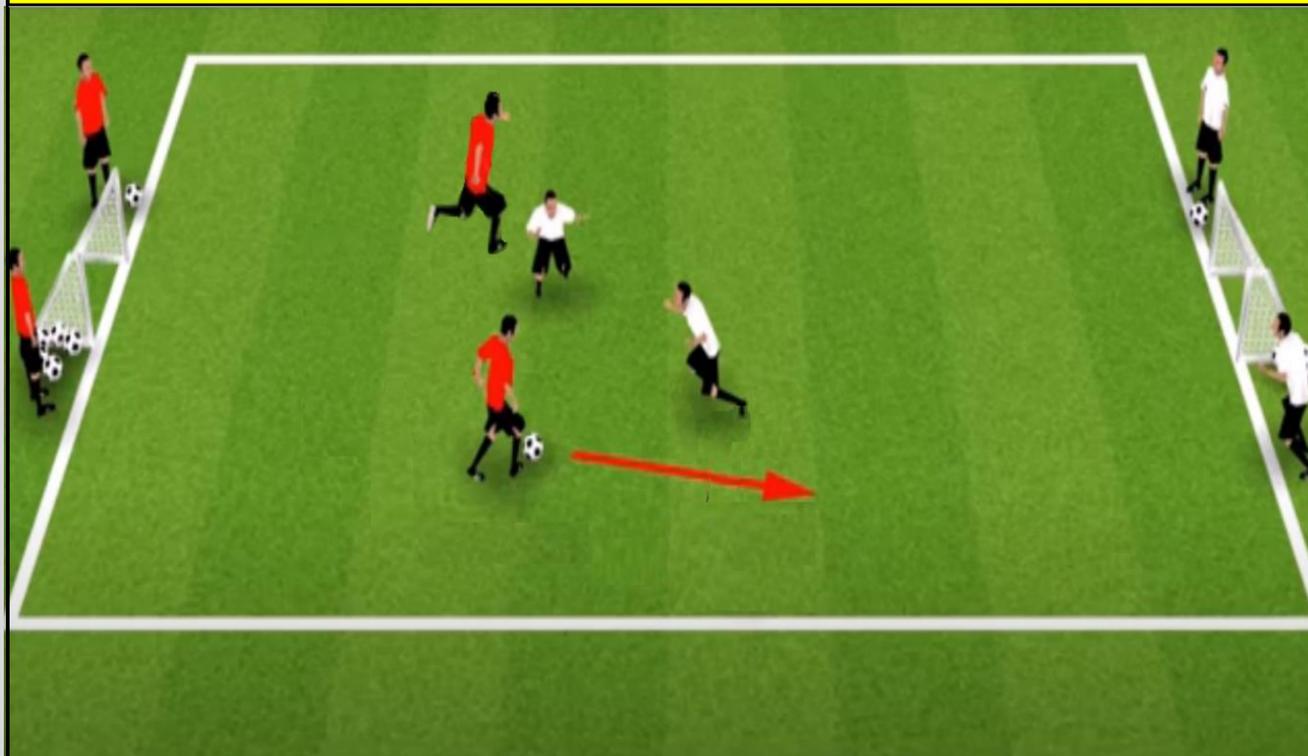
Intervention Key Questions:

- 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

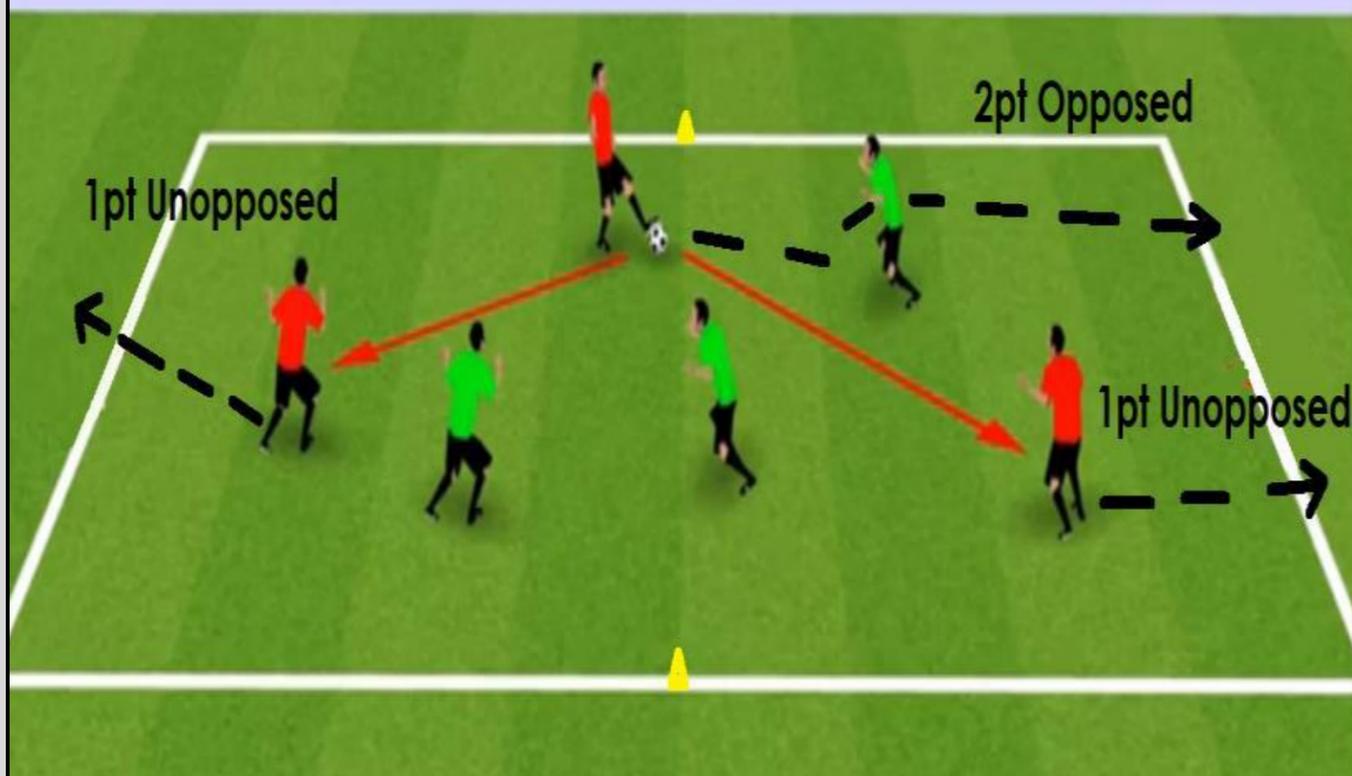
Intervention Key Questions:

- 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)

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WHICH WAY? [VIDEO LINK CLICK HERE](#)



SMALL SIDED EVEN SIDED END GAME 3v3 or 4v4 (Regular FIFA Rules)

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)

Time: 20mins

Size: May vary but ideally 15x20 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