

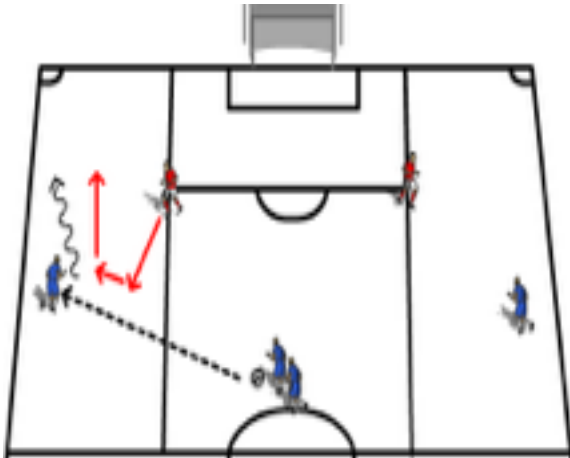
1 V 1 DEFENDING IN WIDE AREAS

Defending 1v1 is a very hard task.

The attacker holds all the cards and can develop a number of ways in which to go past the defender. However, if the defender works correctly he can limit the options available to the attacker. The defenders can do this by forcing the play into certain areas of the pitch in order to isolate the attacker and the options they have available.

This session focuses on developing the defensive ability and awareness of your players in 1v1 situations.

Keep them wide



The server passes the ball to the wide player.
The full back must now go to defend 1v1 in the wide channel,
Can the full back keep the attacker in this area?

SSG – stay tight & force out



Small sided game with wide channels.
The wide players in the channel are free to receive a pass, however, on their 1st touch the nearest defender is allowed to go and pressure the wide player in a 1v1 situation in the channel.

SSG – Force out & go to press



Play a normal game. The previous practices help the defenders understand how to apply their new skills. However to offer more support to the defender, you can encourage another defender to go and “gang up” on the wide player.

Key factors

1. Stay compact and force the play out wide;
2. Now go and pressure the attacker;
3. Delay the speed of the attack;
4. Limit the passing options.
- 4; Can you make a tackle?;
5. Can team mates come to “gang up” ?