



SESSION 7 • STANDALONE PLAN

The 1v1 Defender — Approach, Angle, Patience

One against one • Reference format: U12 9v9 • 60 minutes • 14–16 players

AT A GLANCE

TIME	MINS	PHASE	PRACTICE
0:00 – 0:10	10	■ Warm-up	7.1 The Mirror Channel
0:10 – 0:25	15	■ Technical practice	7.2 The Defending Arena
0:25 – 0:40	15	■ Skill game	7.3 The Duel Scoreboard
0:40 – 0:55	15	■ Conditioned match	7.4 Defensive Duel Match
0:55 – 1:00	5	■ Reflection	Player-led review

USING THIS SESSION

This is a standalone plan. It does not depend on any other session in the set and can be run whenever it is useful to you — as a one-off, out of order, or repeated. Nothing here assumes the players did something last week.

U12 nine-a-side is the reference format, not the audience. The session is written at 9v9 because something has to be, and the phone index adapts it to the other four Irish FA formats — pick your team at the top of it and this session will tell you whether to run it as printed, scale it, adapt it, or leave it for another age.

Scaling up, and down as far as 7v7, is a matter of numbers. Keep roughly the same space per player: to 7v7 that is about a fifth smaller with a player off each team, to 5v5 about a third. **For eleven-a-side** add ten to fifteen metres to the length of the bigger practices and put the extra players in as outside players or a second team, never in a queue.

Below U10 it is not just a matter of size, because the game itself is different. There is no offside, no throw-in — restarts are a dribble or a pass in — no referee, and no league result. At U8–U9 the technical practice usually wants shortening or dropping. At U6–U7 there are no goalkeepers at all and the four-phase hour is the wrong shape entirely. The Formats tab in the phone index has the rules for each stage.

WHY THIS SESSION MATTERS

The emphasis flips tonight. The attacking sessions give the attackers everything their own way, and that is deliberate — a defender who has spent a fortnight being beaten knows exactly what they are trying to stop. Defending a 1v1 is the most misunderstood skill at this age. Almost every Under-12 believes defending means tackling, so they sprint at the ball, arrive square-on and off balance, and get eliminated by the first drop of a shoulder. The truth is almost the opposite: a good defender wins most duels without touching the ball at all. They close the distance quickly and then slow down, arrive side-on, force the attacker onto their weaker side, and wait — because the attacker eventually has to do something, and doing something is when they lose it. Tonight the squad learns that patience is an active skill and that not diving in is a decision, not a failure of courage.

BY THE END, PLAYERS CAN

- **Close the distance fast, then slow the last three steps** — arriving under control rather than at full speed.
- **Approach on a curve** so the attacker is shown one way and the other route is already closed.

- **Stand side-on** with knees bent, weight on the balls of the feet, feet never crossing.
- **Force the attacker onto their weaker side** and towards the touchline rather than the middle.
- **Delay rather than dive in** — and recognise the one moment when the tackle is genuinely on.

KIT LIST

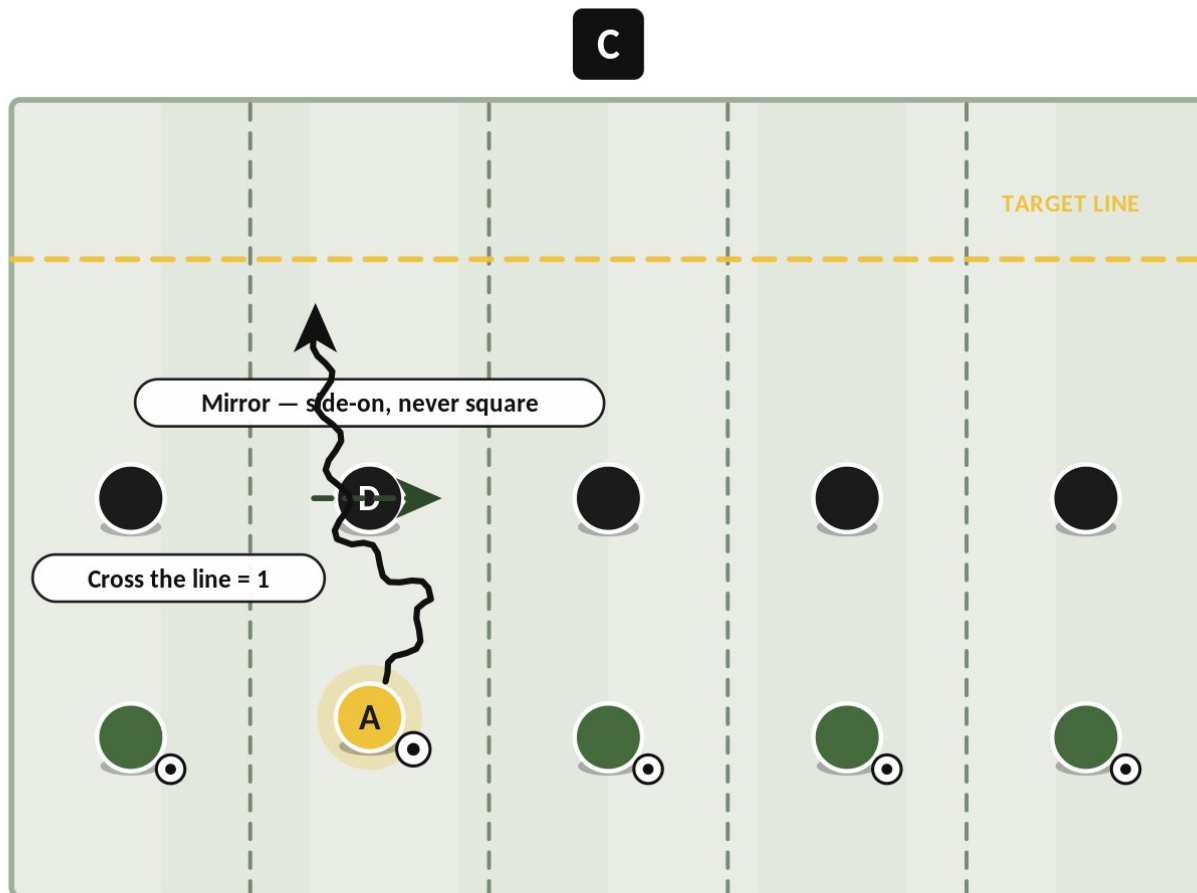
Ground needed: about 60 × 40 m. Mark the arenas before the session. Tonight's pairings should be the REVERSE of Session 5's — put your hardest attackers up against your strongest defenders in the demonstration round so the group sees good defending win, then mix the rest by ability as usual.

ITEM	QTY	USED IN
Footballs (size 4)	16	All practices
Flat markers	50	Lanes, arenas, thirds
Cones (tall)	16	Escape gates (7.2, 4 arenas × 4)
Bibs — red / blue / yellow	8 / 8 / 2	7.1, 7.2, 7.3, 7.4
Mini goals	4	Skill game (7.3) — two per end
Full-size goals	2	Conditioned match (7.4)

7.1 THE MIRROR CHANNEL

Build the defensive stance and footwork before anyone can be beaten. Pairs work in lanes: the attacker moves, the defender mirrors, and the whole focus is on the feet — small steps, side-on, never crossing over.

30 x 20 m • five 6 m lanes • pairs mirror, then compete • 10 minutes



SMALL STEPS • STAY ON YOUR TOES • DON'T CROSS YOUR FEET



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SET UP

- 30 x 20 m divided into **five 6 m lanes** with dashed lines of flat markers.
- A **target line** across the far end, 16 m from the start — the attacker's objective.
- One pair per lane: attacker with a ball at one end, defender 6 m in front. With 14–16, make some lanes a three and rotate every repetition.
- Players must stay inside their own lane. The lane is what makes the practice work — it removes the option of simply running around the defender.
- Coach walking behind the lanes so you can see the defenders' feet.

HOW IT RUNS

- Minutes 0–3 — arrival.** Greet each player by name, ball each, free dribbling. **Collect the Session 6 homework** — placed or driven? Across the keeper or at him?
- Minute 3 — mirroring, no ball.** Attacker moves left and right along their line; the defender mirrors, staying directly in front. *Small steps. Stay side-on. Never cross your feet.* Sixty seconds, then swap.
- Minute 5 — add the ball, no tackling.** The attacker now dribbles slowly forward; the defender retreats, mirrors and blocks the route but may not tackle. This teaches the retreat step, which almost nobody at U12 does naturally.
- Minute 7 — live.** The attacker tries to cross the target line with the ball; the defender may now tackle. Best of five, then swap roles.
- Minutes 9–10 — the challenge.** Defenders count how many times they stop the attacker **without tackling** — by forcing them backwards or out of the lane. Announce that this score counts double.

RULES & SCORING

- **Stay inside your lane.** Leaving the lane with the ball is a win for the defender.
- No tackling until minute 7.
- An attacker scores by crossing the target line **with the ball under control**.
- **A defender scores double for a stop that involves no tackle** — forcing the attacker backwards or out of the lane.
- Swap roles every two minutes so nobody spends the whole warm-up defending.

COACHING POINTS — THE FOUR CORNERS

Technical	Side-on stance , knees bent, weight forward on the balls of the feet. Small, quick steps — never cross the feet , because a crossed foot cannot change direction. The retreat step: move backwards by pushing off the front foot, not by turning and running.
Tactical	Stay between the attacker and the line. Do not commit — the longer you delay, the more likely they are to make the mistake for you.
Physical	Lateral and backwards movement at speed, which is exactly the movement pattern most young players never train. This doubles as excellent injury-prevention work for the ankles and knees.
Psychological	Defending is not the punishment role. Say this out loud in the first minute — <i>tonight the defenders are the ones being coached</i> — because the earlier sessions in this theme teach them the opposite.
Social	Pairs should tell each other what worked. An attacker saying <i>I couldn't get past you when you did that</i> is worth more than anything you can say.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Square-on stance — feet level, facing the attacker, hips flat	<i>Point one shoulder at him. Now try to move sideways.</i> They feel the difference instantly.
Crossing the feet while moving sideways, then falling over	<i>Small steps. Never let your feet touch each other.</i> Slow the attacker down until the footwork holds.
Turning and running instead of retreating side-on	<i>Face him while you go backwards. If you turn, you've lost him.</i>
Diving in on the first touch	Score it: remind them that a stop without a tackle is worth double. The scoring does the teaching.
Standing too far off — attacker walks through untouched	<i>Get close fast, then slow down. Two steps away, not five.</i>

ASK THEM

- Which stance let you move quickest — square or side-on?
- What happens when your feet cross?
- How close should you be to him?
- Did you win more by tackling or by forcing him backwards?
- Attackers — when was your partner hardest to get past?
- What's the first thing you look at — the ball or the player?

ADJUST IT

HARDER	EASIER
Narrow the lanes to 4 m , so the defender must be precise.	Widen the lanes to 8 m and slow the attacker to walking pace.
Two attackers, one defender in one lane for the final minute.	No tackling at all for the whole warm-up — stopping the attacker is enough.
Defender starts 2 m behind the attacker and has to recover.	Mirror without a ball for longer, until the footwork is right.
Time limit — the attacker has six seconds to cross the line.	Shorten the lane so the duel resolves quickly and there are more repetitions.

IT'S WORKING WHEN

Defenders visibly **side-on** rather than square.

Small steps, feet never crossing.

Retreating while still facing the attacker.

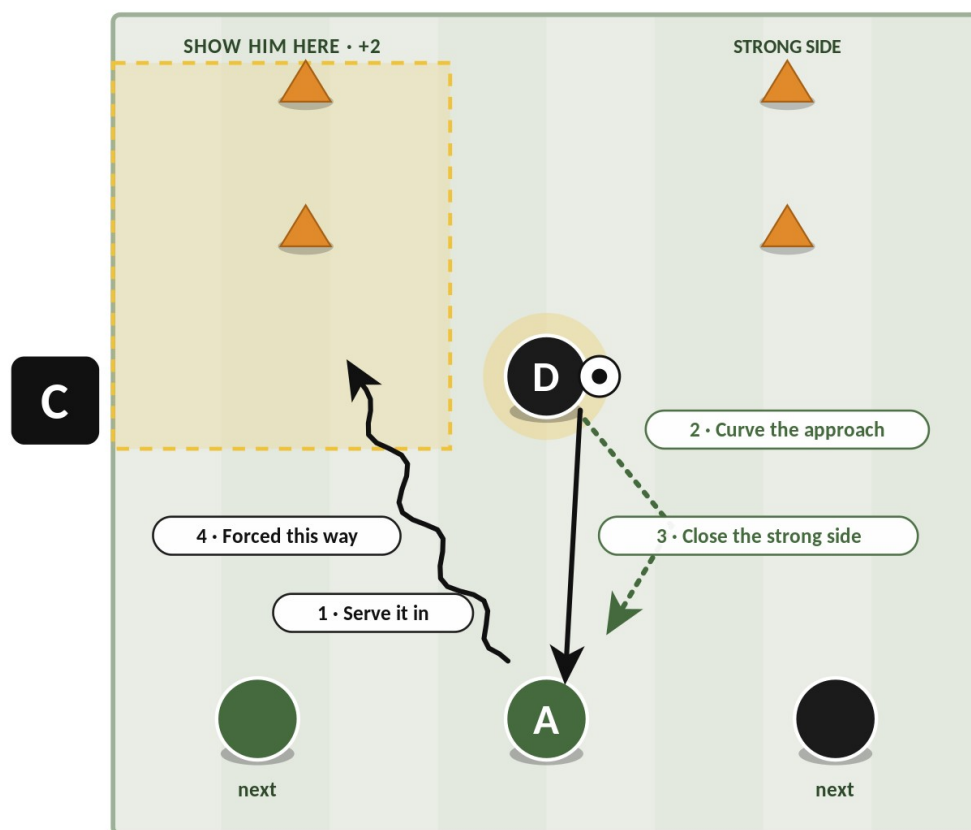
Stops achieved without a tackle — this is the number to count.

Defenders enjoying it. If they don't, the block's second half fails.

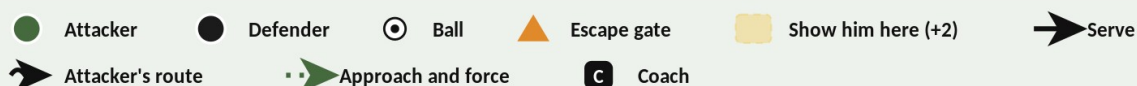
7.2 THE DEFENDING ARENA

Session 5's arena, scored the other way round. The defender serves the ball, approaches on a curve, and tries to show the attacker into the shaded side — the side that is worth double, and which should be the attacker's weaker foot.

18 x 16 m per arena • 4 players per arena • 3–4 arenas • scored for the DEFENDER • 15 minutes



ROTATION: defender → attacker • attacker → back of the defending line



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SET UP

- Three or four arenas, each 18 × 16 m, side by side with 4 m between them.
- Two 3 m escape gates on the far line. **One half of the arena is shaded** with flat markers as the 'show him here' side.
- Four players per arena: one defender working, one attacker working, one of each waiting. Waits under 20 seconds.
- **Set the shaded side to the attacker's weaker foot** and swap it when a left-footed attacker comes up. This is a 15-second job between repetitions and it doubles the value of the practice.
- Coach walking between arenas, watching the defenders' approach — not the outcome.

HOW IT RUNS

- 1. Set the picture in 30 seconds.** Defender, you serve it and you defend. Your job isn't to win it — it's to send him into the yellow side. If he goes there, you get two points whatever happens next.

2. **Minutes 0–4 — attacker at three-quarter pace.** This lets defenders practise the approach without being immediately eliminated. Tell the attackers explicitly; they will cooperate if they know why.
3. **Minute 4 — one freeze, twenty seconds.** Show a straight approach beside a curved one. Ask the attacker which one gave them more options.
4. **Minutes 4–11 — full pace.** Attackers now go properly. Defenders keep the same job: force, delay, and only tackle when the ball is genuinely available.
5. **Minutes 11–15 — defenders keep score.** Five duels each. Announce that the highest score for **stops without tackles** wins, not the highest total.
6. **Rotation:** defender becomes attacker; attacker joins the back of the defending line.

RULES & SCORING

- **2 points to the defender** if the attacker is forced into the shaded side, whatever happens afterwards. **2 points** for winning the ball cleanly. **3 points** for forcing the attacker backwards over the start line without a tackle.
 - **1 point to the attacker** for getting through either gate.
 - The defender must serve firmly along the ground.
- ! No slide tackling. State this once and hold it — it removes the biggest injury risk and forces better footwork.**
- Ball out: instant restart with the spare ball.

COACHING POINTS — THE FOUR CORNERS

Technical	Close fast, then slow the last three steps. Arrive side-on with the front foot pointing where you want them to go. Knees bent, low centre of gravity. Watch the ball , not the shoulders — a step-over moves the shoulders and the ball stays where it is.
Tactical	Approach on a curve , not in a straight line: the curve closes one route before you arrive so the attacker's choice is already made. Show them onto their weaker foot and towards the touchline. Tackle only when the ball is more than a stride from the attacker's foot, or when they take a heavy touch.
Physical	Repeated short sprints followed by deceleration and lateral movement. The deceleration is the demanding part and the part nobody trains — expect legs to feel it.
Psychological	Redefine winning: a defender who forces a backwards pass has won. Repeat it every time it happens, by name.
Social	Attackers must go properly. A half-hearted attacker teaches the defender nothing, and the practice quietly dies. Say so once.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Sprinting all the way in and being beaten by the first touch	<i>How fast were you in the last three steps? Try arriving slower than you close.</i>
Straight-line approach — both routes open, attacker picks either	<i>Which way do you want him to go? Now run at him so that's the only way left.</i>
Square-on arrival — beaten either side	Back to the warm-up cue: <i>One shoulder pointing where you want him to go.</i>
Watching the attacker's upper body and buying every feint	<i>Look at the ball. It can't lie to you.</i>
Diving in on the first touch	The scoring handles it, but reinforce: <i>When is the ball actually available? Wait for that moment.</i>

WHAT YOU'LL SEE	WHAT TO DO
Backing off too far and letting the attacker shoot or pass	<i>Close the distance fast. Two steps away, then be patient. Patience without proximity is just standing still.</i>

ASK THEM

- Which way did you want him to go? Did your approach make that happen?
- How fast were you in the last three steps?
- What were you looking at — the ball or his body?
- When was the ball actually available to tackle?
- Attackers — when was your defender hardest to get past?
- Is forcing him backwards a win? Why?
- What happens if you dive in and miss?
- How is this the same as what happens to you on Saturday?

ADJUST IT

HARDER	EASIER
Only stops without tackles count for a two-minute round.	Attacker at half pace throughout.
Two attackers, one defender — the defender must delay rather than engage.	Smaller arena (14 × 12 m) so there is less space for the defender to cover.
Defender starts 3 m further back , so the approach has to be quicker and the deceleration sharper.	Remove one gate , so the defender knows where the attacker must go.
Attacker gets a free shot at a mini goal if they escape, raising the cost of being beaten.	Coach stands beside the defender and calls the curve for the first few repetitions.

IT'S WORKING WHEN

Curved approaches rather than straight lines.

Visible deceleration in the last three steps.

Side-on arrival with the front foot pointing the way they want the attacker to go.

Attackers being forced into the shaded side regularly.

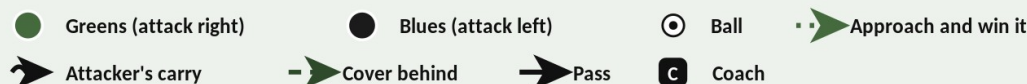
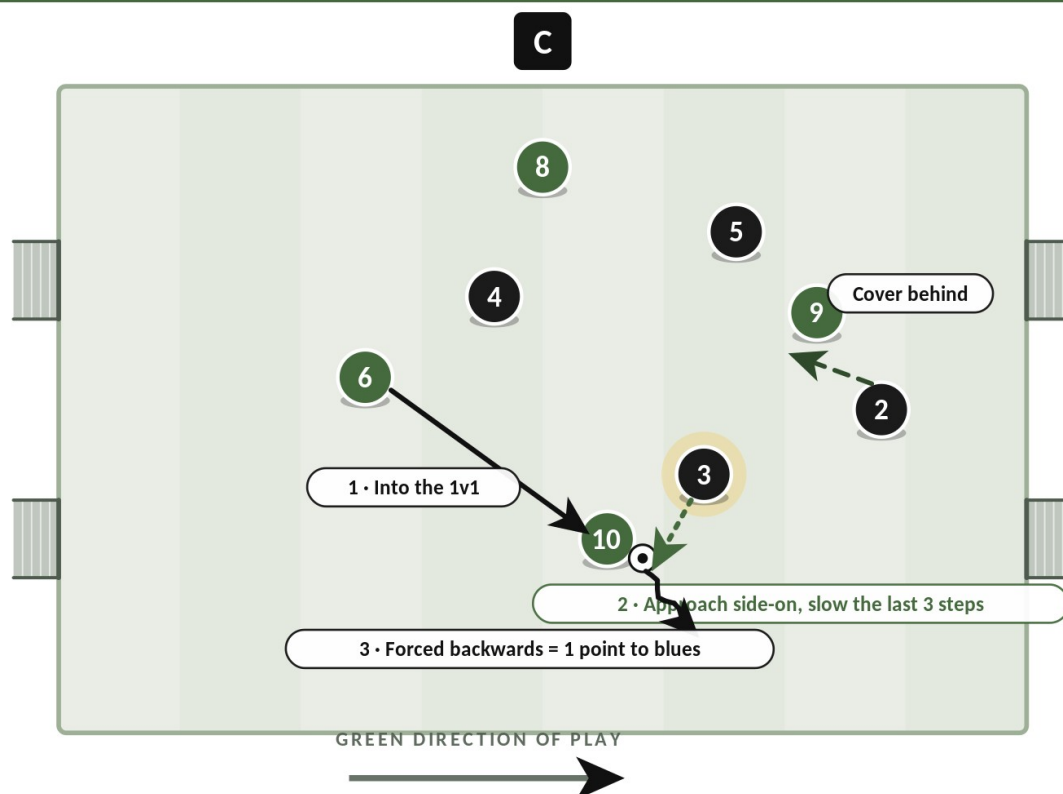
More stops without tackles than with by the end of the practice.

Defenders talking about it as a skill rather than a chore.

7.3 THE DUEL SCOREBOARD (4 v 4)

Put both halves of the block on the same scoreboard. Goals score, and so does winning a 1v1 — so an attacking team and a defending team can both be winning at the same time, and every duel on the pitch matters to somebody.

30 x 20 m • two mini goals per end • winning a 1v1 scores for the defending team • 15 minutes



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SET UP

- Two pitches, each 30 × 20 m, side by side with a 5 m corridor between them.
- Per pitch: **two mini goals at each end**, 4 red bibs, 4 blue bibs, 2 balls.
- 4 v 4 per pitch (16). With 14, run 4v4 and 3v3. With 15, run 4v4 and 4v3.
- **The players keep their own duel score.** Do not referee it — announce at the start that you're trusting them, and then trust them.
- Coach in the corridor between the pitches with a spare ball.

HOW IT RUNS

1. **Bibs out while you explain.** Balanced teams.
2. **Explain in 25 seconds:** *A goal is 2. Winning a 1v1 — tackling cleanly, or forcing them backwards or out — is 1 to the defending team. Keep your own score. Three minutes. Go.*
3. **Game 1 — no coaching.** Watch whether anybody defends properly or whether they all just chase the ball.
4. **Between games 1 and 2, one question:** *Can you win this game without scoring? How?*
5. **From game 3, add the cover point:** if a second defender is covering behind when a duel is won, that's **2 points instead of 1**. This is the first seed of this theme's press-cover-balance.

6. Four games of three minutes with 45 seconds between, ladder as usual.

RULES & SCORING

- Goal = 2 points. Winning a 1v1 = 1 point to the defending team. Winning a 1v1 with cover behind = 2 points.
- A 1v1 is 'won' by a clean tackle, an interception, or by forcing the attacker backwards or out of play.

! No slide tackling.

- Ball out: the coach rolls a new one in immediately.
- No stoppages during games. Coaching happens in the 45-second gaps, as a question.

COACHING POINTS — THE FOUR CORNERS

Technical	Close fast, slow the last three steps, arrive side-on. Tackle with the front foot and the whole body behind it — a stretching toe-poke is how young defenders get hurt and beaten at the same time.
Tactical	Press the ball, and somebody covers behind. Force the attacker away from the middle and towards the touchline. Recognise the moment to delay: if help is arriving, buy time rather than gambling.
Physical	Three minutes on, 45 seconds off, four times. Heavy on deceleration and lateral work. Shorten the last game if quality drops.
Psychological	Defending has been the unglamorous role in the attacking sessions. The scoreboard fixes that in one session — read the duel scores out loud between games and treat them exactly like goals.
Social	The covering player should be calling — " I'm behind you! " — which is what allows the front defender to be brave. Name that relationship; it's the foundation of this theme.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Everybody pressing the ball at once, nobody covering	<i>If you all go, what's behind you?</i> Then the 2-point cover rule does the rest.
Diving in to claim the point	<i>How many did you win by tackling? How many by making him go backwards? Which is safer?</i>
Defenders showing attackers inside towards the middle	<i>Which is more dangerous for us — him going down the line, or into the middle?</i>
Score-keeping disputes	Settle it in one sentence and move on. Never spend more than five seconds on it — the score exists to shape behaviour, not to be accurate.
Attacking players not trying duels any more because defending is now rewarded	Remind them a goal is worth two, and that this theme's whole point is that both sides get better.

ASK THEM

- Can you win this game without scoring? How?
- When you won the ball, was anyone covering behind you?
- Which is safer — going to ground, or standing up and forcing him wide?
- Where do you want to send the attacker? Why not into the middle?
- Attackers — which defenders were hardest to get past, and what were they doing?
- What does the covering player need to say?
- Did any team win more duel points than goal points?

ADJUST IT

HARDER	EASIER
Duel points only count with cover behind.	Any tackle or interception counts as a duel win.
Three touches maximum for attackers, so defenders must anticipate as well as delay.	3 v 3 on 26 × 18 m — fewer duels, more space, clearer pictures.
Widen the pitch to 26 m , forcing defenders to cover more ground.	Remove the cover bonus until the basic duel is being won.
Goals worth 1 , duels worth 1 — making defending equally valuable.	Coach keeps the duel score if the players are arguing about it.

IT'S WORKING WHEN

Defenders arriving side-on and under control rather than sprinting in.

A second defender covering behind the duel.

Attackers being shown towards the touchline rather than the middle.

Duel points being scored regularly — if a team has none after two games, the practice needs regressing.

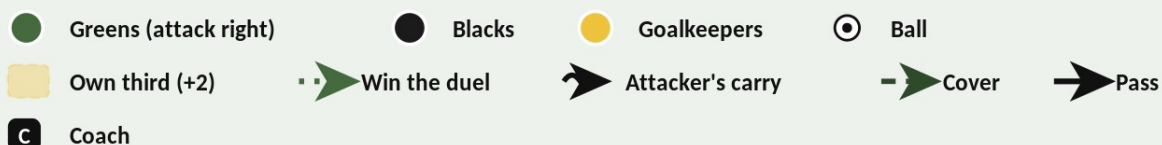
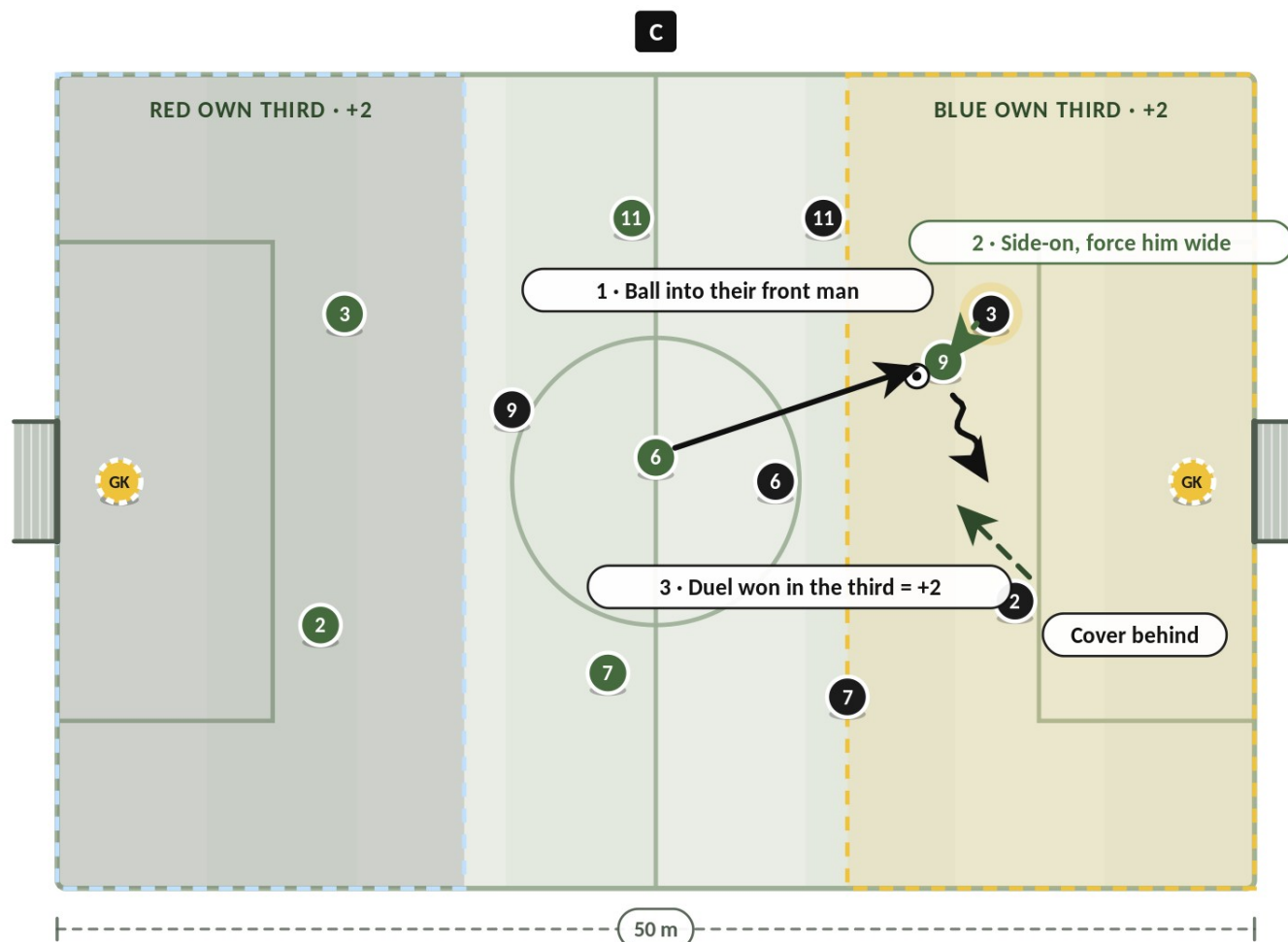
The call of "I'm behind you" appearing on the pitch.

Both teams competing on both scoreboards.

7.4 DEFENSIVE DUEL MATCH (7 v 7)

Session 5's bonus system, mirrored. Winning a duel is worth a point anywhere and two in your own third — so the moments that actually save goals in a 9v9 match are the moments that pay.

50 x 34 m • win a 1v1 = +1 • win one in your own third = +2 • 15 minutes



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SET UP

- 50 × 34 m with full-size goals. **Both defensive thirds marked** at 17 m and 33 m.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.
- 2-3-1 outfield shape. Rotate keepers at the halfway point.
- Coach on the halfway line, outside the pitch.

HOW IT RUNS

1. **Keep the bibs and teams.** Keepers and shape in 30 seconds.

2. **Explain the condition once:** *Normal game. Win a 1v1 anywhere and that's a point. Win one in your own third and it's two.*
3. **Minutes 0–5 — no interruption.** Watch whether the defenders close down at all, and whether anyone covers.
4. **Minute 5 — drinks break, one question:** *When one of us goes to press, what should the nearest teammate do?* You want the word 'cover'. Restart.
5. **Minutes 6–15.** Announce duel points loudly and by name. Two individual interventions maximum.
6. **Final two minutes — free play.** Watch whether the defending habits hold when the reward disappears.

RULES & SCORING

- **Goal = 3 points. Win a 1v1 = +1. Win a 1v1 in your own third = +2.**
- A duel is 'won' by a clean tackle, an interception, or by forcing the attacker backwards or out of play.

! No slide tackling.

- Keepers restart within five seconds. Throw-ins may be taken as pass-ins.
- Two individual interventions maximum, plus the scheduled break question.

COACHING POINTS — THE FOUR CORNERS

Technical	Close fast, decelerate, arrive side-on. Front foot points where you want them to go. Tackle through the ball with the body behind it, never with a stretched leg.
Tactical	In your own third, delay is almost always right — the longer you keep the attacker outside the box, the more likely help arrives. Force play towards the touchline and away from the centre. The nearest teammate covers behind the presser.
Physical	Fifteen minutes of continuous match play with repeated sprint-decelerate-shuffle cycles. This is a genuinely demanding physical pattern; expect fatigue and don't add to it.
Psychological	This is the session where the less flamboyant players get their reward. Name them individually when they win a duel — some of them will not have been praised in front of the group for weeks.
Social	Listen for the covering call. A team that talks while defending is a team that stops conceding, and this is the first week they have had a reason to.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Nobody closing down — the opposition walks through midfield	<i>How long did he have the ball? Who was nearest?</i>
Two defenders going to the same attacker	<i>If you both go, who's got the runner behind?</i>
Defenders showing attackers inside in their own third	One intervention: <i>Send him down the line, not into our box.</i>
Diving in near the box and conceding	<i>What would have happened if you'd just stayed on your feet for two more seconds?</i>
The defensive bonus being farmed by fouling	Tighten it once: <i>Clean only. A foul is worth nothing.</i>
Duel points ignored by the attacking-minded players	Ask them directly at the break: <i>You've got no defensive points. What does that tell you about your game?</i>

ASK THEM

- When one of us presses, what should the nearest teammate do?
- Which way should you send an attacker in your own third?

- How long should you wait before tackling near your own box?
- Who won the most duels tonight? What were they doing differently?
- When the bonuses stopped, did you keep defending the same way?
- Is stopping a goal as valuable as scoring one? Really?
- What's changed about how you defend since you started these sessions?

ADJUST IT

HARDER	EASIER
Only duels won without a tackle score — forcing backwards or out.	Any tackle or interception counts.
Duel points require cover behind to count.	Bigger pitch (55 × 38 m) so defenders have more time to close and recover.
Goals worth 2, duels worth 2 , so defending and attacking are equally valuable.	Award the point for a good approach , whether or not the ball is won.
Man-marking across the pitch.	6 v 6 on 44 × 30 m with rolling subs.

IT'S WORKING WHEN

Defenders closing quickly and then decelerating.

Attackers being forced towards the touchline in the defensive third.

A covering player behind the presser more often than not.

At least six duel points across the two teams.

The defending behaviour surviving the final two minutes without the bonus.

Quieter players being named and praised.

Finish, match day & homework

REFLECTION — 5 MINUTES, SITTING DOWN

- Circle up and **sit down**.
- *What are the three parts of defending a 1v1?* (Close fast, slow down, force him one way. Get them to say it.)
- *Is stopping someone without tackling a win? Why?*
- *Which way do we send an attacker in our own third — inside or outside?*
- *Who won a duel tonight that they wouldn't have won earlier in the set?*
- **Ask the attackers which defenders were hardest to play against**, and let those defenders hear it.
- Finish by naming two players who **defended well and didn't touch the ball**.

MATCH-DAY LINK

MATCH OBJECTIVES	WATCH FOR	ASK AFTERWARDS
- Nobody dives in in our own third — delay until help arrives. - Attackers are shown towards the touchline, not into the middle. - The nearest teammate covers every time somebody presses.	- The last three steps of every closedown. Fast all the way in, or fast then slow? Pick two players and watch only them. - Which way attackers are forced. Inside or outside? Count it in the defensive third. - Whether anybody covers. When one player presses, is a teammate behind them or beside them?	- <i>Tell me about a time you stopped someone on Saturday. Did you have to tackle them?</i> - <i>Was there a moment you dived in? What happened?</i> - <i>Did anyone shout to tell you they were behind you?</i>

HOMEWORK — "FEET AND PATIENCE" · 15 MINUTES, THREE TIMES BEFORE YOU NEXT TRAIN

- **Ladder feet, no ladder needed**. Mark two spots 2 m apart. Shuffle side to side between them, **side-on, feet never crossing**, for 20 seconds. Rest 20. Ten rounds. It is dull and it is the whole skill.
- **Mirror a partner**. Get anyone — a parent, a sibling, a friend — to move left and right in front of you for 30 seconds while you mirror them, staying side-on. Six rounds. If nobody's available, mirror your own shadow.
- **Watch a game with a job**. Fifteen minutes of any professional match watching **one defender only**. Count how many times they win the ball with a tackle and how many times they stop the attack without tackling. The second number will surprise you. Bring both.
- *Optional extra*: watch the same defender's first three steps every time an attacker gets the ball. What do they do?

WHERE TO GO NEXT

Same theme — one against one. These cover the same ground from other angles and can be run in any order, before or after this one: **5** The 1v1 Attacker; **6** Beating Your Player and Finishing; **8** Defending the Wide 1v1.

A natural follow-on. Session 8 — Defending the Wide 1v1, and review page. The summary session for this theme takes defending into the area where 9v9 matches are actually lost: the wide channel, where a full-back is isolated against a winger with the touchline as an ally. It also closes this theme with the second four-week review, so bring your notes on who has grown in confidence across this theme — and, more importantly, who hasn't.

Or simply run this one again. Nothing in the set has to be done once. A session repeated three weeks later with a harder progression is usually worth more than a new session the players are meeting cold.