



The 1v1 Defender — Approach, Angle, Patience

Session 7 • One against one • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Mirror Channel

0:10 – 0:25 • 15 MIN

The Defending Arena

0:25 – 0:40 • 15 MIN

The Duel Scoreboard

0:40 – 0:55 • 15 MIN

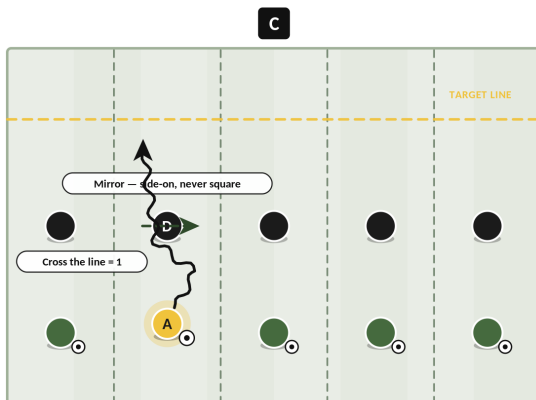
Defensive Duel Match

0:55 – 1:00 • 5 MIN

Player-led review

7.1 THE MIRROR CHANNEL

Warm-up • 10 min



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

SET UP

- 30 × 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.

RULES

- 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 ...

COACH IT

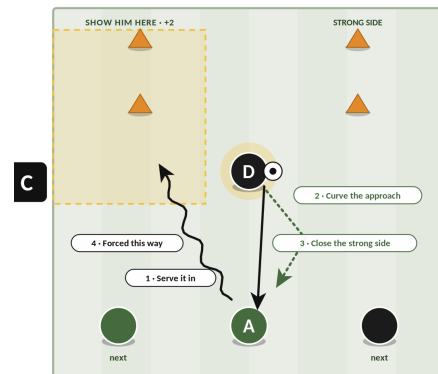
- Technical: Side-on stance, knees bent, weight forward on the balls of the feet. Small, quick steps — never cross the feet, because a crossed ...

SAY

- Point one shoulder at him. Now try to move sideways. They feel the difference instantly.

7.2 THE DEFENDING ARENA

Technical practice • 15 min



ROTATION: defender → attacker → back of the defending line

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 ...

RULES

- 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 ...

COACH IT

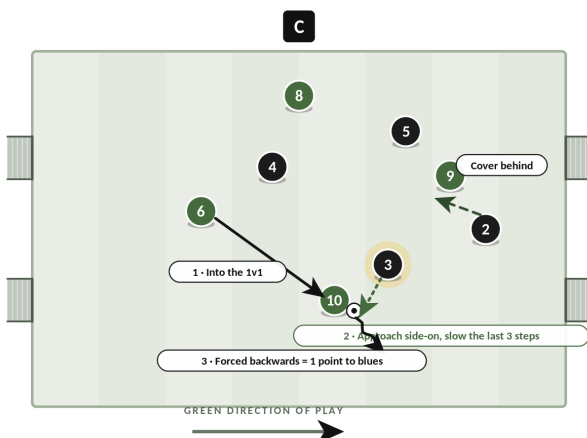
- Technical: Close fast, then slow the last three steps. Arrive side-on with the front foot pointing where you want them to go. Knees bent, low centre ...

SAY

- How fast were you in the last three steps? Try arriving slower than you close.

7.3 THE DUEL SCOREBOARD (4 v 4)

Skill game • 15 min



GREEN DIRECTION OF PLAY

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.

RULES

- 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 ...

COACH IT

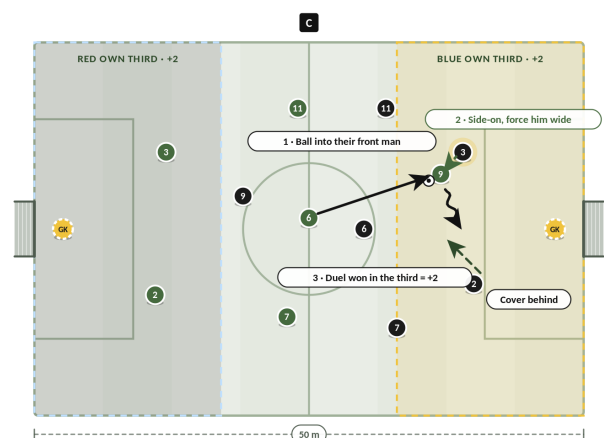
- Technical: Close fast, slow the last three steps, arrive side-on. Tackle with the front foot and the whole body behind it — a stretching toe-poke is how ...

SAY

- If you all go, what's behind you? Then the 2-point cover rule does the rest.

7.4 DEFENSIVE DUEL MATCH (7 v 7)

Conditioned match • 15 min



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 ...

RULES

- 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 ...

COACH IT

- 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 ...

SAY

- How long did he have the ball? Who was nearest?
- If you both go, who's got the runner behind?