



# Defending the Wide 1v1

Session 8 • One against one • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Show Him the Line

0:10 – 0:25 • 15 MIN

The Wide 1v1

0:25 – 0:40 • 15 MIN

The Crossing Duel

0:40 – 0:55 • 15 MIN

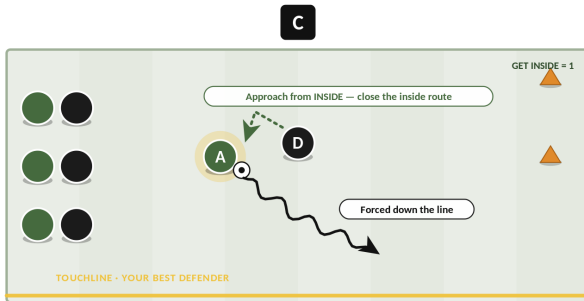
Wide Duel Match

0:55 – 1:00 • 5 MIN

Review, with the players

## 8.1 SHOW HIM THE LINE

Warm-up • 10 min



DEFEND THE INSIDE • LET HIM HAVE THE LINE • STAY GOAL-SIDE

### SET UP

- A 30 × 12 m strip marked along a real touchline if one is available. The touchline is the bottom edge and should be marked or pointed out clearly.
- A 4 m target gate at the far end, positioned on the ...

### RULES

- The attacker's target is the inside gate — they only win by getting central.
- Defender scores double for a stop without a tackle.
- Ball over the touchline is a win for the defender.

### COACH IT

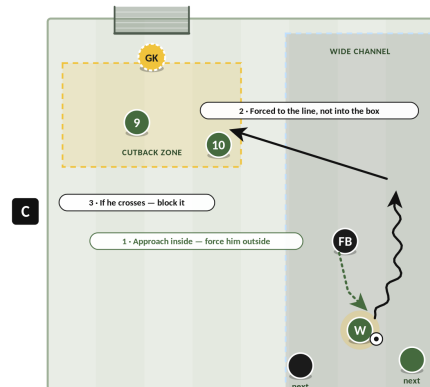
- Technical: Approach on a curve from the inside. Arrive side-on, inside shoulder forward, front foot pointing down the line. Small steps, feet never ...

### SAY

- Which way did he go? Which way did you want him to go? Now run at him from the other side.

## 8.2 THE WIDE 1v1 — Full-Back v Winger

Technical practice • 15 min



ROTATION: full-back → winger • winger → box runner • runner → back of the line

### SET UP

- One station at each full-size goal, each 26 × 24 m, with the goal off to one side.
- A 10 m wide channel marked down one side, and a cutback zone marked in front of goal.

### RULES

- Full-back: 2 points for forcing the winger over the touchline or backwards; 2 points for blocking a cross; 3 points for winning the ball cleanly.
- Attackers: 1 point for a cross or cutback that ...

### COACH IT

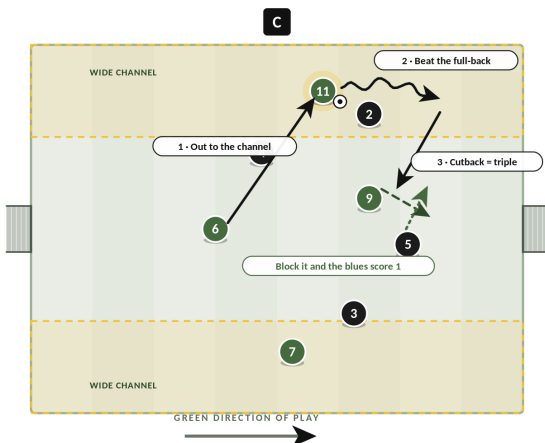
- Technical: Full-back: curved approach from the inside, arrive side-on, front foot pointing down the line, small steps. Block the cross with the ...

### SAY

- The most costly error in 9v9 defending. Which way did he go? Where were you when he decided?

## 8.3 THE CROSSING DUEL (4 v 4)

Skill game • 15 min



### SET UP

- Two pitches, each 32 × 24 m, side by side with a 5 m corridor between them.
- Per pitch: one mini goal at each end, plus a 6 m wide channel marked down each touchline.

### RULES

- Goal = 1 point. Goal from a cross or cutback delivered out of a wide channel = 3 points.
- Blocking a cross = 1 point to the defending team.
- From game 3, the 3-point goal needs two attackers ...

### COACH IT

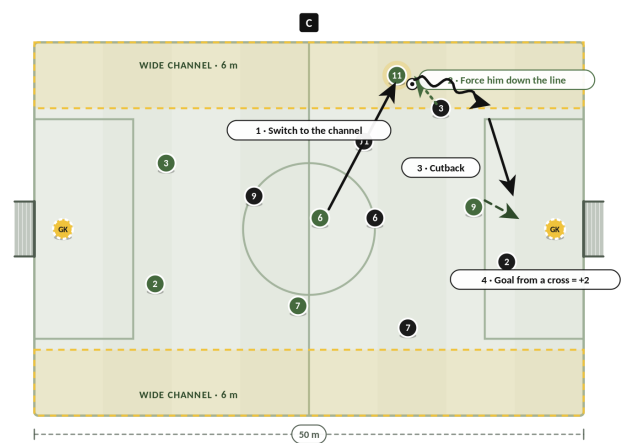
- Technical: Cutbacks along the ground, into the space between the goal and the edge of the central area. Blocking with the front foot. Attackers ...

### SAY

- Ask directly: Which points haven't we scored? What would we have to change?

## 8.4 WIDE DUEL MATCH (7 v 7)

Conditioned match • 15 min



### SET UP

- 50 × 34 m with full-size goals. A 6 m channel marked down each touchline.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

### RULES

- Goal = 3 points. Full-back wins a duel in the wide channel = +2. Goal from a cross or cutback = +2.
- A wide duel is 'won' by forcing the attacker out, backwards, or by a clean tackle.

### COACH IT

- Technical: Approach angle, side-on arrival, front-foot block. Cutbacks along the ground. Everything from this whole theme, under fatigue.

### SAY

- Who's picking him up? When he gets it, where do you need to be?