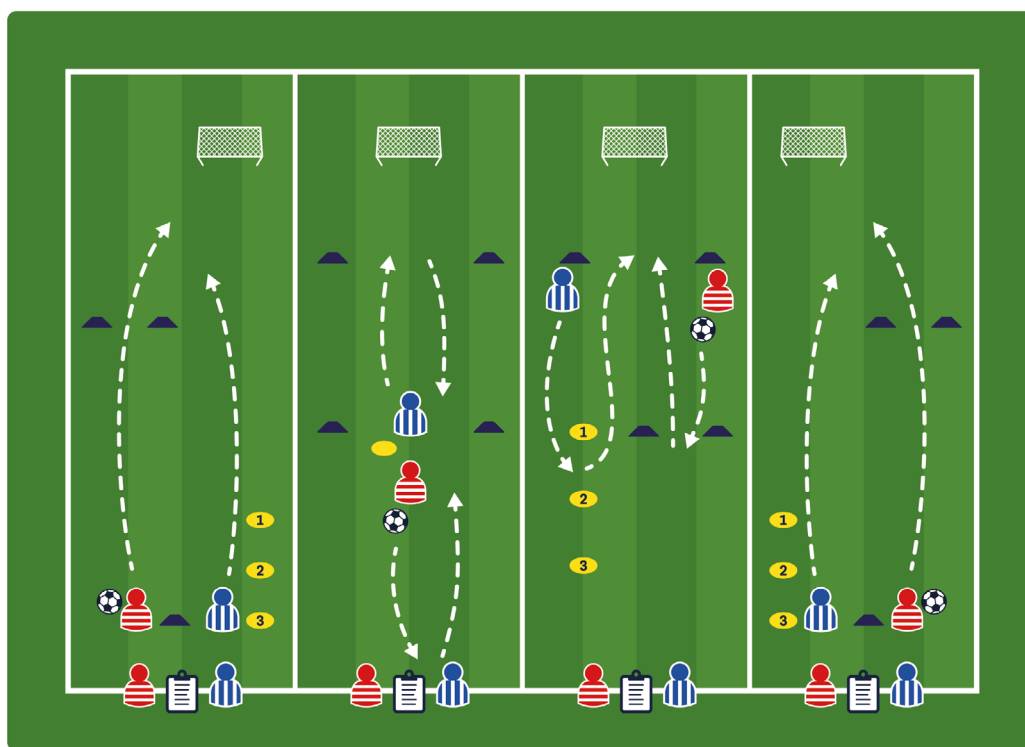


SESSION PLAN

RECOVER AND STOP



BALL:	
ATTACKER:	
DEFENDER:	
CONE:	
FLAT MARKER:	
PLAYER MOVEMENT:	
WHITEBOARD:	
GOAL:	

OBJECTIVES

Players will develop their understanding of:

- how to approach attackers to delay, deny and dictate their direction of travel
- when and how to decelerate
- when to challenge for the ball.

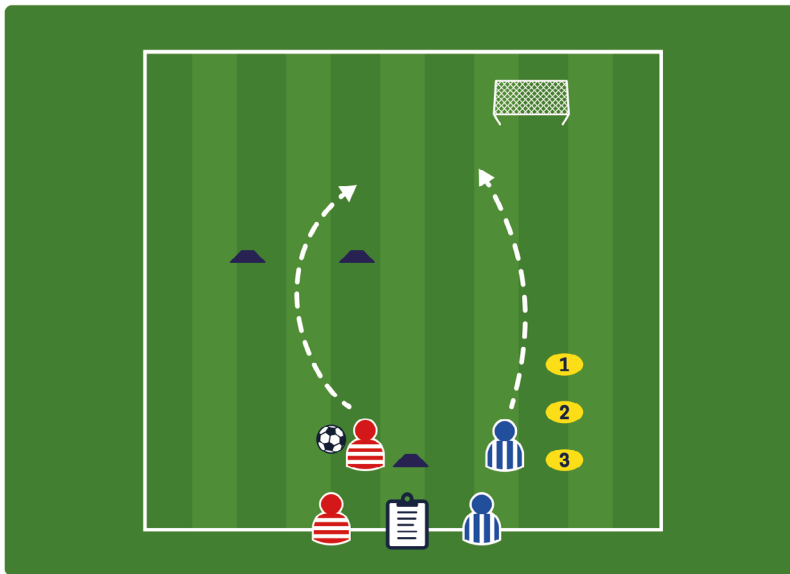
ORGANISATION

- Set up an area just under half the size of your usual pitch
- Split this area into four channels (stations) and place a goal at the end of each one
- Place cones and flat markers as shown in the graphic above
- Get your players into pairs and ensure there's at least one pair at each station (we have 16 players, but you can adapt to suit your numbers)
- Put a whiteboard next to each station for players to record how many times they stopped their partner from scoring

HOW TO PLAY

- Each station hosts a different 1v1 defending activity
- In their pairs, players have three minutes to take turns at each station (give them a suitable break between stations – for 16 players, we recommend one minute)
- Ensure everyone has the chance to attack and defend
- Players keep their own score using the whiteboard

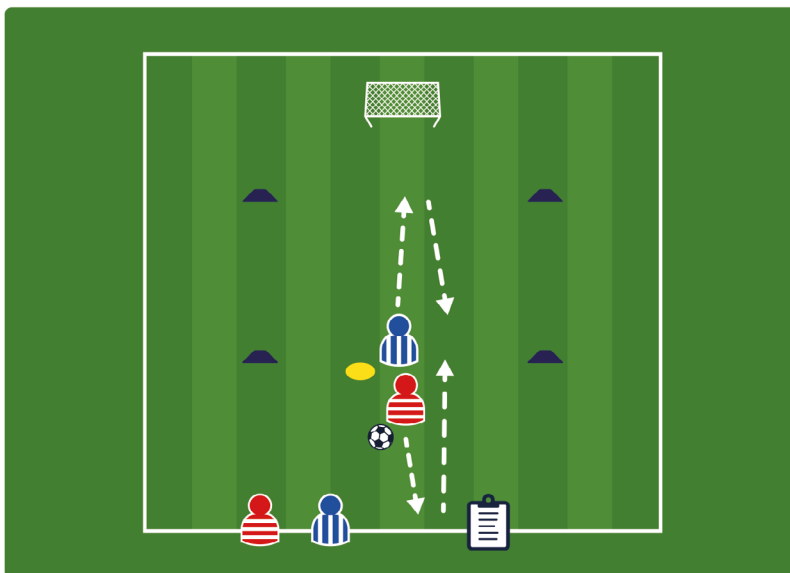
STATION ONE



BALL:	
ATTACKER:	
DEFENDER:	
CONE:	
FLAT MARKER:	
PLAYER MOVEMENT:	
WHITEBOARD:	
GOAL:	

The attacker starts with the ball and runs through a gate before travelling towards goal. The defender starts on a flat marker of their choice and tries to catch with the attacker.

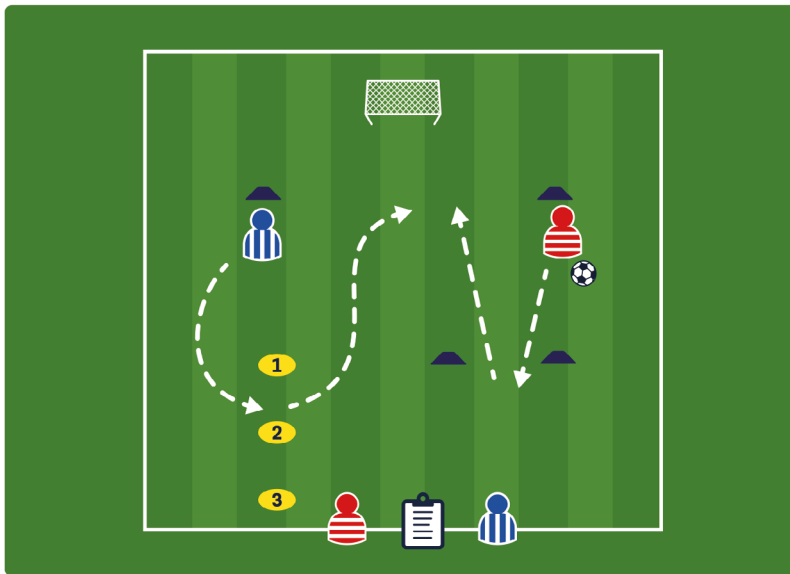
STATION TWO



BALL:	
ATTACKER:	
DEFENDER:	
CONE:	
FLAT MARKER:	
PLAYER MOVEMENT:	
WHITEBOARD:	
GOAL:	

Both players start back-to-back at the flat marker. The attacker has the ball and runs to the halfway line, then turns and progresses to the box (marked out by cones). Meanwhile, the defender runs in the opposite direction, to the end of the box, then turns and presses the attacker. The defender must win the ball back inside the box to get a point.

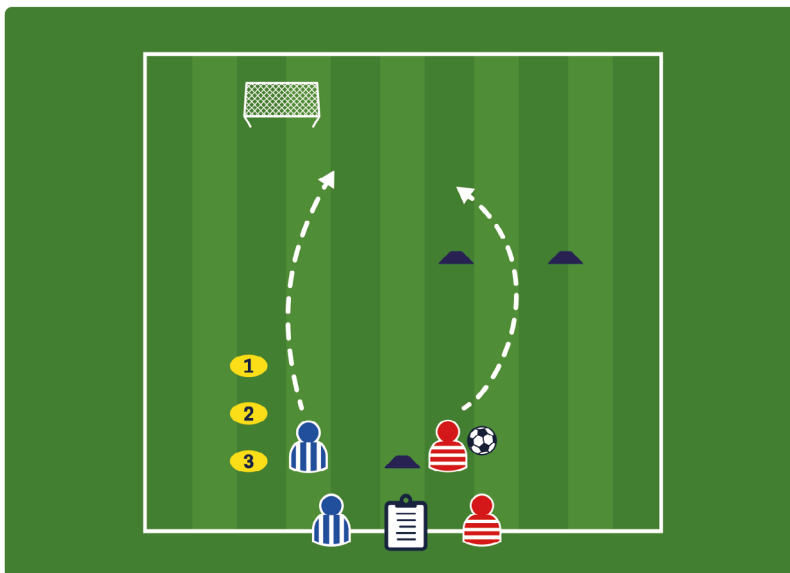
STATION THREE



BALL:	
ATTACKER:	
DEFENDER:	
CONE:	
FLAT MARKER:	
PLAYER MOVEMENT:	
WHITEBOARD:	
GOAL:	

The players start side-by-side with their back to goal. The attacker runs forward with the ball, goes through a gate, then turns to head towards goal. Meanwhile, the defender runs to a flat marker of their choice, then turns and tries to catch with the attacker.

STATION FOUR



BALL:	
ATTACKER:	
DEFENDER:	
CONE:	
FLAT MARKER:	
PLAYER MOVEMENT:	
WHITEBOARD:	
GOAL:	

The attacker starts with the ball and runs through a gate before travelling towards goal. The defender starts on a flat marker of their choice and tries to catch with the attacker. The difference between this station and station one is that the defender starts on the left of the attacker rather than the right.