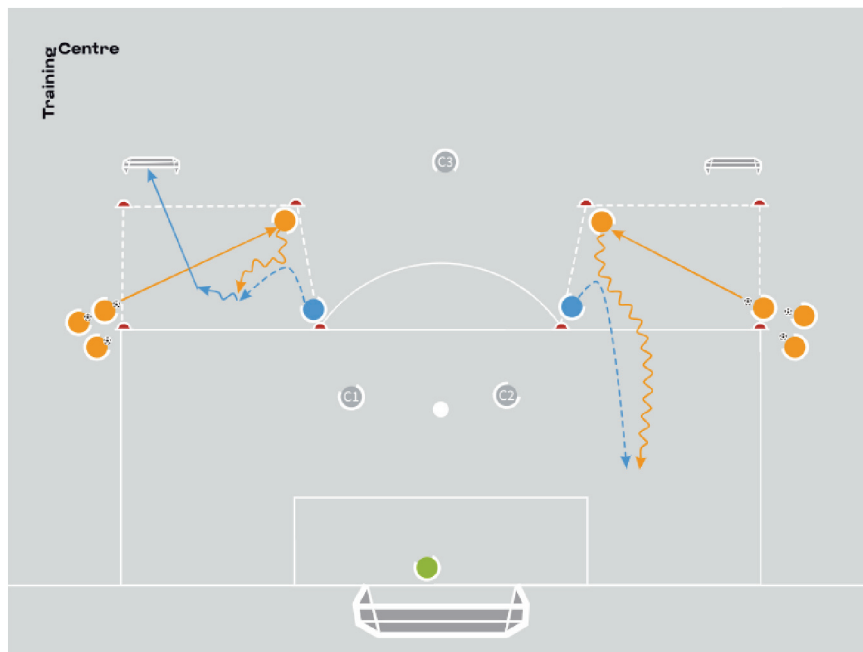


## FIFA Talent Coach Programme

### Defending in 1v1: Orientating attackers away from goal



#### Organisation

- Use two-thirds of a half-size pitch.
- Place a full-size goal at the end of the exercise area furthest from the halfway line.
- Position a goalkeeper in the goal.
- Use 4 cones to mark out an area like shown in the graphic above that runs from the edge of the penalty area towards the halfway line. On one side of the penalty area, place a cone at the point where the penalty arc intersects with the penalty area and another cone at the corner of the penalty area furthest from the goal line. Place the other 2 cones 10m from and almost parallel to the 2 aforementioned cones (see the graphic above). Mirror this set-up on the opposite side of the penalty area.

In each of the 10m x 10m areas:

- Position 3 players with a ball each at the cone situated at the corner of the penalty area furthest from the goal line.
- Place a defender at the cone where the penalty arc intersects with the penalty area.
- Position an attacker at the cone that is almost opposite and at a slight angle to the cone occupied by the defender.
- Place a mini-goal between 2m and 3m behind the cone that is parallel to the edge of the penalty area furthest from the goal line, heading towards the halfway line.

#### Explanation

- The first player in the queue at the cone occupied by 3 players plays a pass towards the cone where the attacker is stationed.
- As the pass is played, the defender darts from their cone towards the attacker.
- The attacker controls the ball before attempting to dribble past the defender with a view to finishing into the full-size goal.
- The defender tries to win the ball. If they manage to do so, they attempt to pass it into the mini-goal.
- Once the sequence is completed, the players rotate in a clockwise direction.

## **Key coaching points**

- Defenders should adopt a low, side-on body shape to force the opponent wide and away from goal.
- To avoid being beaten by the attacker's first touch, defenders should avoid being unbalanced and on the move as the attacker receives the ball.
- Defenders should be set and balanced when engaging the attacker. By decelerating with short, controlled steps, they stay ready to react quickly to the attacker's first move.

## **Roles of coaches**

- First coach: explains the drill and encourages the defender to adopt the optimal body shape with a view to forcing the attacker wide.
- Second coach: carries out the same role as the first coach at the drill performed on the opposite side of the penalty area.
- Third coach: moves between the two drills, offering both the defenders and attackers support to help them to perform to their best.