

When a Defender Goes To Tackle An Attacker He Needs Back Up

Here's an example from the core session - print it out and get your players working on it straight away.

You won't be disappointed - but don't be at the back of the queue when we're sending these sessions out. You can be certain if your rival managers and coaches have seen them they'll be using them too.

This session is all about providing cover for a team-mate who's face-to-face with an opponent, directing attackers away from goal and making opponents' play predictable.

When a defender is applying pressure to an attacker with the ball it's important they have back-up in the form of a second or 'covering' defender. That's to ensure that if the attacker beats the first defender, any progress is stifled by the second one.

What to think about

- The covering defender should be in a position to make an effective challenge if the first defender is beaten.
- Stand at a slight angle and goal-side of the first defender.
- Communicate early and clearly – for example, advising the team-mate to "get closer" or "force them down the line".

How to set up

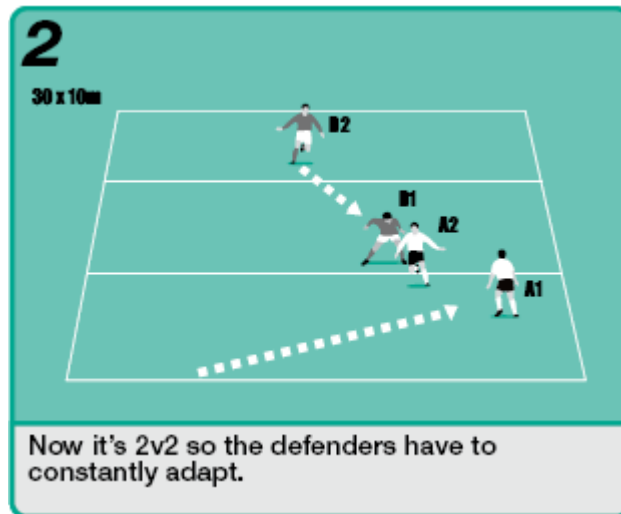
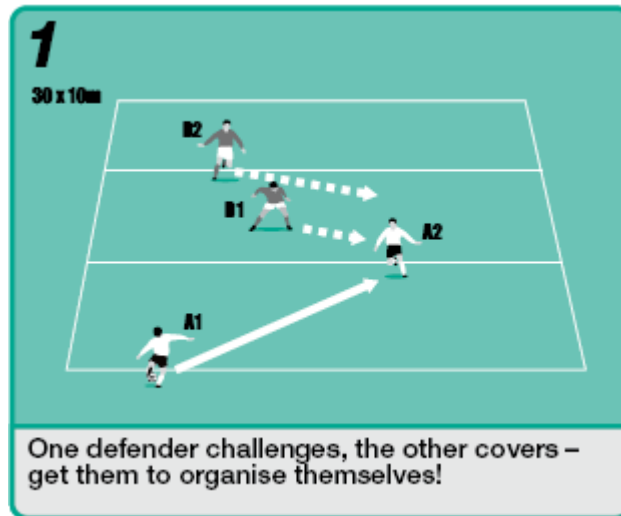
- 4 players – 2 attackers versus 2 defenders – in each group.
- Each playing area measures approx 10 x 30 metres.

What you get your players to do

- Attacker 1, acting as a server, passes the ball to attacker 2.
- Attacker 2 attempts to dribble to the end line.
- Defender 1 challenges the attacker.
- Defender 2 provides cover.

What to call out

- "Show them wide"
- "Talk to each other"
- "Stay on your feet"



Development

After playing the first pass attacker 1 joins in the attack to make a 2v2 situation. The defenders will now have to constantly switch roles depending on who is nearest the ball, with the covering defender becoming the main defender and vice versa.

Game situation

Play a 4x4 match with goalkeepers in an area 30 x 20 metres. Encourage both sides to shoot at every opportunity as this will force players to close down their opponents and provide cover.