



Year 7 Football: Lesson 5 – Defending

Big Question

How can we develop our defending play to prevent attacking opportunities?

Warm Up

Footballers are athletes. To be the best you have to be extremely fit so that you can get the most out of your body without getting injured. An effective warm up is an important part of achieving this. Have a go at this warm up used by Swansea City players.

<https://www.youtube.com/watch?v=orZKw7CrGdY>



Revision

Practise your jockeying position. Make sure you are staying low and at an angle.

1. Run out to a marker which is approximately 10m away and then shuffle back to the start using your jockeying position.
2. Play 1v1 with a partner to see if you can stop them getting past you.



Defending as a team

Watch this coaching clip on how to work with a partner when defending. Key questions:

How do they work together?

Why do you think communication is important?

What are the defender's priorities?

<https://www.youtube.com/watch?v=yYBS5bWciIA>



Activity 1 – Working together.

Run out to a marker which is approximately 10m away and then shuffle back to the start using your jockeying position. You should imagine you are defending in a 2v2 situation.

If you have a partner they should do this alongside you. As is shown in the video, try to shadow/act out the two roles by taking it in turns to be further ahead putting pressure on the dribbler and dropping further back cover your partner.

Up the challenge

Get somebody to call 'pass'. Whenever the call is made you imagine that the ball has been passed between the 2 attacking players. You have to react by either moving forward to press or dropping back to cover.

Activity 2 – 2v2

If you have enough players and social distancing guidelines allow, then try out a 2v2. Mark out a small pitch approximately 20m x 10m. The defenders start the practice by passing the ball to the attackers who are positioned at the opposite end of the pitch.

The attackers aim to dribble the ball over the defenders start line/end of the pitch. The defenders job is to stop them by tackling, intercepting or forcing them out of play.

Take it in turns to have an attack.

Get inspired!

Who are the best in the premier league?

<https://www.youtube.com/watch?v=IOFU0HwqK44>

