

# Channel defence

In wide situations, if the defender quickly closes the space, the attacker's options are limited, giving the defender the advantage.



### What you tell your players the session is about

1. Defending 1v1 in wide areas.
2. Making play predictable by keeping the ball on the wing.
3. Developing 1v1 defending skills.

### Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 20 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Cones, mannequins or poles	Pressing techniques. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 22
The session	Balls	1v1 defending technique in wide areas
Development	Balls, cones and two goals	The full back stays narrow to force play wide and then goes to defend 1v1
Game	Balls, cones and two goals	Defending in a normal game
Warm down	n/a	Gentle jogging and stretching exercises



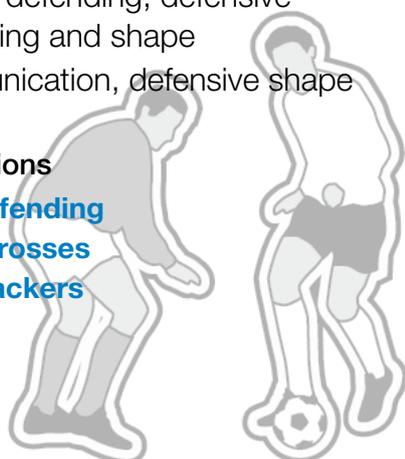
### Where it fits

Individual skills: 1v1 defending, defensive movement, positioning and shape

Team skills: Communication, defensive shape and positioning

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### What to think about

In a game, the defenders must position themselves to force the ball away from central areas.

The full back must put pressure on the wide player as the ball is played forward.

Can the full back force the wide player towards the touch line to make the play predictable?

Can the full back delay the wide player to stop an attack's momentum, and get support?

If the wide player is shown inside, he might be on his weaker foot. But, this will move him towards his team mates and increase shooting or combination options.



