

# Blockbusters

This session looks at how your defenders work together in order to stop opponents taking shots. They do this by stopping the attackers turning, forcing them wide of goal and, if necessary, using their bodies to block the shots and clear the danger. John Terry and Glen Johnson epitomised this determination in England's World Cup match against Slovenia. Can your players do the same?



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

1. Blocking the opponent's shots.
2. Defending in small groups.
3. Forcing the opponents away from goal.

### Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Balls and cones	The defender forces the attacker out of the area. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 101
The session	Balls, cones and a goal	The defenders work together to stop the attackers in a 3v2 situation
Development	Balls and cones	The defenders work together to stop the attackers and midfielder in a 3v3 situation
Game	Balls, cones and two goals	The team is defending much better by forcing the opponents away from dangerous positions
Warm down	n/a	Gentle jogging and stretching exercises



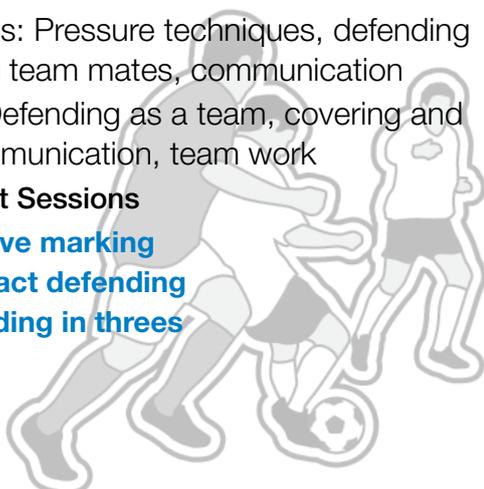
### Where it fits

Individual skills: Pressure techniques, defending 1v1, covering team mates, communication

Team skills: Defending as a team, covering and support, communication, team work

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### What to think about

- Can the defenders keep the attackers facing away from goal?
- Can the defenders force the attackers into wide areas?
- If the attackers do turn, the defenders must stay together and block any gaps that can be used to shoot through.
- The defenders must never turn their backs and should continue to stand face-on to the ball when blocking a shot.





## Set-up

Create a 40 yards by 30 yards playing area or extend a normal-size penalty area by 12 yards.



## What you get your players to do

The goalkeeper throws the ball out to the midfielder. The midfielder must pass to one of the two forwards, who will then try to combine with their partner to shoot.

The defenders must work together in order to stop the forwards from scoring. They do this by clearing the ball from danger or regaining possession.



## What to call out

- “Pressure the attackers”
- “Stay tight and together in order to force the attackers wide of goal”
- “Be brave. Stand face-on and block the shot”



## Development

Allow the midfielder to follow his pass and join the attackers to make a 3v3 situation. This could lead to the attackers making a pass to the midfielder so he can shoot at goal.

Now one of the defenders must come out of the group in order to press this new opponent.



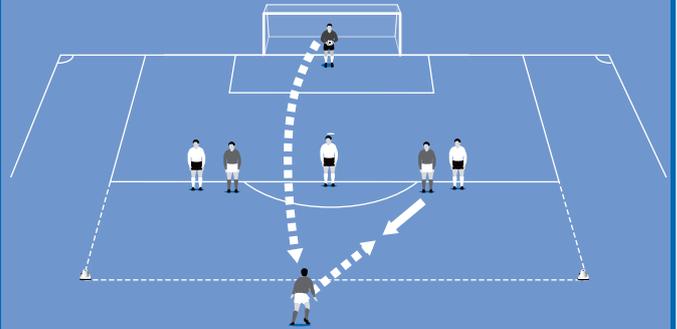
## Game situation

Play a normal game. Encourage the defenders to block shots on goal by awarding them half a point for every success. Therefore a game that is 1-1 before a block, would end 1 ½ - 1 to the team whose defender blocks a goal bound shot.

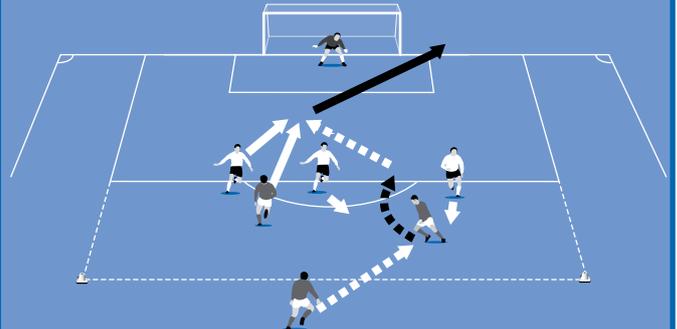
This emphasises how important a good block is, and how it can be as good as a goal itself.

# Blockbusters

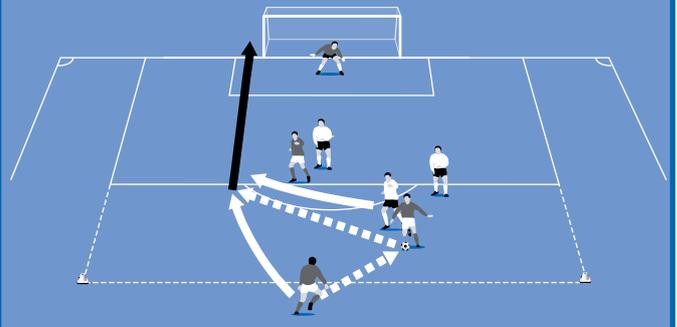
direction of run  $\Rightarrow$  pass  $\square\square\square\Rightarrow$   
 dribble  $\dashrightarrow$  shot  $\blackrightarrow$



The goalkeeper starts by throwing the ball to the midfielder. He then passes to a forward.



The forwards try and combine to shoot before the defender blocks.



The midfielder is allowed to join in and looks to receive a return pass to shoot. The defender closes down and blocks.