

Movements to lose a defender

This session is designed to improve movement off the ball in order to lose a defender and receive a pass.



What you tell your players the session is about

1. Improving the range of movements used to receive a pass.
2. Improving movements to lose a defender.

Session planner

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

Activity	Kit	Outcome
Warm-up	#4 Huddle movement	The players move as a group to stop the player grabbing the bib
The session	Balls and cones	The players now understand different movements to use in losing defenders
Development	Balls, cones and mini goals	The players can now effectively lose a defender to receive
Game situation	One goal, balls and cones	Players effectively move as a group in order to free one player to receive
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Movements to receive a pass, receiving skills, passing, skill to beat a defender, shooting

Team skills: Movements, communication, combination play, team work

Related Smart Sessions

- 10 [Attacking play](#)
- 47 [Turn and shoot](#)
- 58 [Moving to the ball](#)



[Click here to download the index](#)



What to think about

Often attackers are marked closely, therefore they must develop a range of movements in order to gain some space to receive a pass or create some space for a different team mate to receive the ball.





Set-up

- 20 x 20 yard area.



What you get your players to do

One player starts in the centre square with one player on each side of the larger square. The centre player moves to one edge of the square before moving to a different edge to receive the ball and dribble out.

These movements can be away and back to feet, to feet and away to space, left to right or right to left.

The player who made the pass moves into the centre square for the next go.



What to call out

- “Two movement, one for the defender and one for the ball”
- “Work at match speed”
- “Take your first touch into space”



Development

Add four mini goals and a defender.

The attacker must make a movement to lose the defender and receive a pass. They then try to score in any of the mini goals using a maximum of two touches.



Game

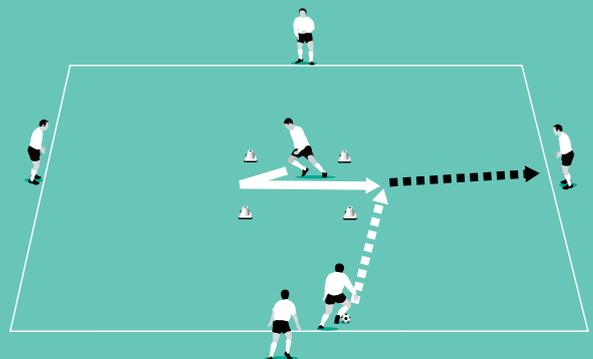
In the penalty area play three attackers against two defenders.

The three attackers must move to receive a pass (one attacker will always be free to receive).

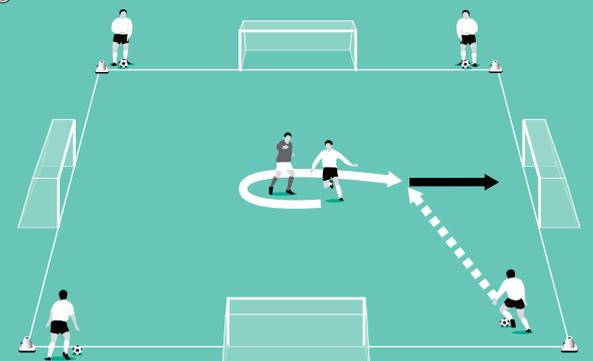
Once the ball enters the penalty area the players must try to shoot at goal as quickly as possible.

Movements to lose a defender

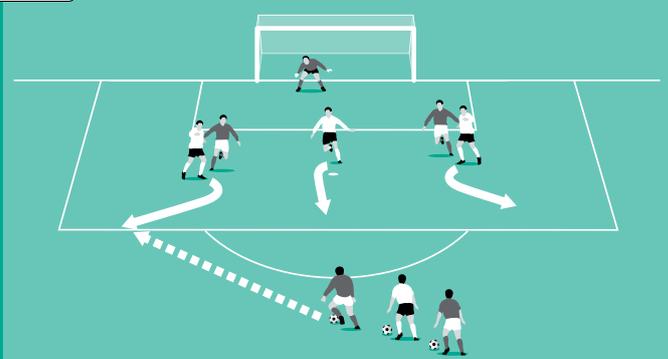
player movement pass shot dribble



Movements to receive. The player moves left to right.



Movement is used to lose a defender and score a goal.



Play 3v2 in the penalty area to recreate a game situation.