

Jockey, tackle, block – stop the shot!

The session tests all the techniques defenders need as individuals to stop attackers from getting shots at goal in 1v1 situations.



What you tell your players the session is about

1. 1v1 defending.
2. Preventing shots at goal.
3. Decision making.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 10-15 mins	Warm down 5-10 mins
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Activity	Kit	Outcome
Warm-up	Disc cones	Dynamic stretching, gentle running with twists and turns
The session	Balls, disc cones goals	Players practise a range of defending skills
Development	Balls, disc cones goals	By removing the goalkeeper the defender must work harder to prevent the shot
Game situation	Balls, disc cones, bibs, goals	Now players consider positional aspects of defending, such as covering and marking opponents and space
Warm-down	None	Gentle running, static stretching



Where it fits

Individual skills: Individual defending, delaying attackers, goalkeeping

Team skills: Communication, covering, making play predictable

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What to think about

- “Press” ball quickly – stay in touching distance of attacker.
- Body between attacker and goal.
- Defensive body shape.
- Force sideways/away from goal/onto weak foot/down the line etc.
- Feint to tackle to gain initiative.
- Timing and type of tackle – poke, block, sliding etc.
- Throw body at shot if required.





Set-up

- 3 players – 1 server, 1 attacker, 1 defender – in an area approx 10 x 15 yards with a goal at one end.
- 1 ball.



What you get your players to do

- Server starts behind the goal and delivers the ball over the defender's head to the attacker. The server then becomes the goalkeeper and the defender should stop the attacker from getting a shot at goal.
- Restart when the ball goes out of play or when the goalkeeper or defender wins possession.
- Rotate roles so each player has a go at being the defender.



What to call out

- “Be patient but win the ball if you see an opportunity”
- “Don’t dive in, stay on your feet and track the attacker”
- “Threaten the ball”
- “Watch the ball not the feints”



Development

Server throws the ball into play but does not become a goalkeeper.

This increases the responsibility of the defender.



Game

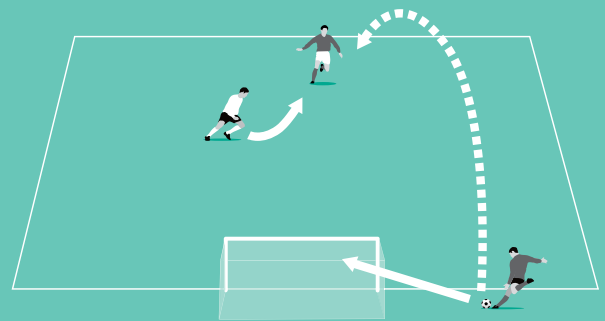
Play 3v3 in a full-size penalty area with a goal at each end.

Any player can act as goalkeeper.

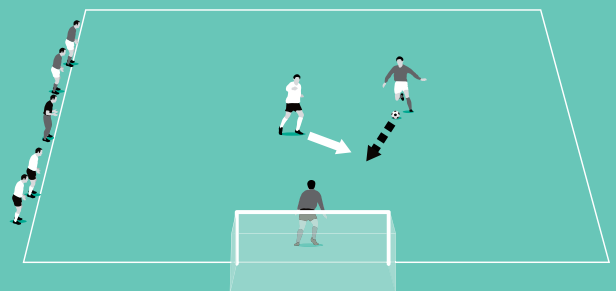
Goalkeepers can only ever roll the ball out, and players can use a throw-in to restart play if the ball goes out over the sideline.

Jockey, tackle, block – stop the shot!

player movement ⇨ goal kick/serve □□□⇨
run with ball ■■■⇨



Server plays the ball to the attacker before becoming the goalkeeper.



Attacker takes on defender to try and score a goal.



Play 3v3 with “scramble” goalies.