

Defending shots with body blocks

The attacker is inside the penalty box and poised to shoot, but the defender isn't close enough to make a tackle. That leaves one option for the defender: to block the shot by throwing their body between the ball and the goal.



What you tell your players the session is about

1. Improve your last-ditch defending.
2. Being brave.

Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 15 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm up	None required	Dynamic stretching, gentle running with twists and turns
The session	Disc cones, balls and mini goals	Practising technique for blocking the ball
Development	Balls, bibs, full-size goals and disc cones	Practising a variety of defending skills in a pressure situation
Game situation	Balls, bibs, disc cones and goals	Learning to choose when to block in a fast moving game
Warm down	None required	Gentle running, static stretching, debrief and Q&A



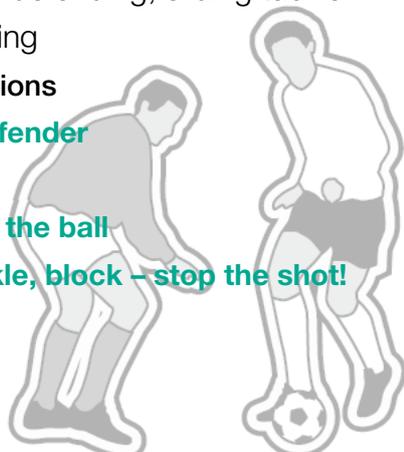
Where it fits

Individual skills: 1v1 defending, sliding tackle

Team skills: Defending

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- 12 Slide tackle
- 31 Intercepting the ball
- 85 Jockey, tackle, block – stop the shot!



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What to think about

- The defender must look to throw their body between the ball and goal, feet first.
- The defender must be committed and brave.
- If the defender is struggling to make blocks, consider shortening the distance they have to travel.





Set-up

- Create a playing area approximately 10 yards by 20 yards with a goal at one end.
- Have 9-12 players per group.



What you get your players to do

Split players into groups of servers, shooters and defenders. The servers and shooters line-up in the corners at the opposite end from the goal. The defenders line up at the corner diagonally opposite the shooters.

A server passes to the first shooter who takes a controlling touch before shooting. Defenders run out to block the shot once the server has passed.

Rotate players and repeat. The shooter joins the defending line, the server joins the shooter line and the defender joins the server line.

For a variation, the defenders start from the corner on the other side of the goal.



What to call out

- “React”
- “Get in line with the ball”
- “Stop the shot”



Development

- Set up a playing area the width of the six yard box.
- Play three attackers v two defenders and one goalkeeper.
- One of two support players outside the area serves the ball to the forwards.
- They must shoot on or before a set number of passes.
- The defenders must protect their goalkeeper.
- Players switch roles.

Make it competitive by awarding points to the defenders for successful blocks or tackles, and points to the attackers for scoring goals.

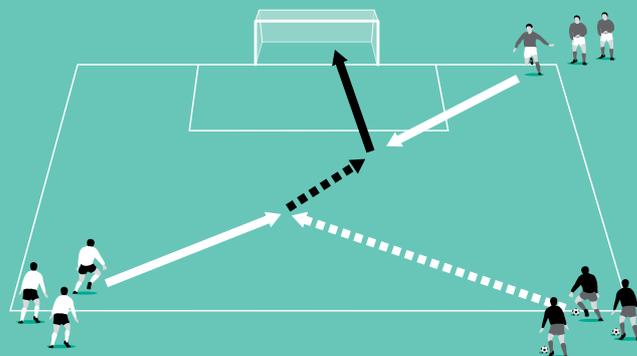


Game

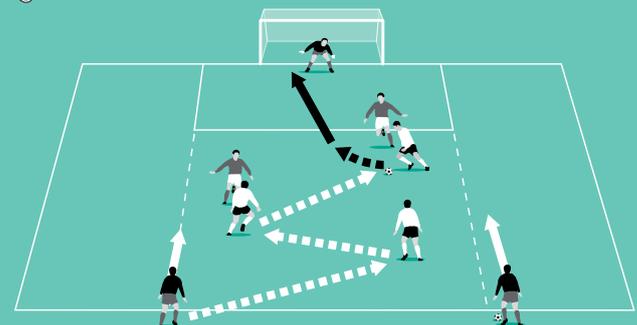
Play 4v4, plus two goalkeepers, in a 30 yards by 20 yards pitch arranged so that it's wider than it is long. Limit the number of passes each team can make before they have a shot.

Defending shots with body blocks

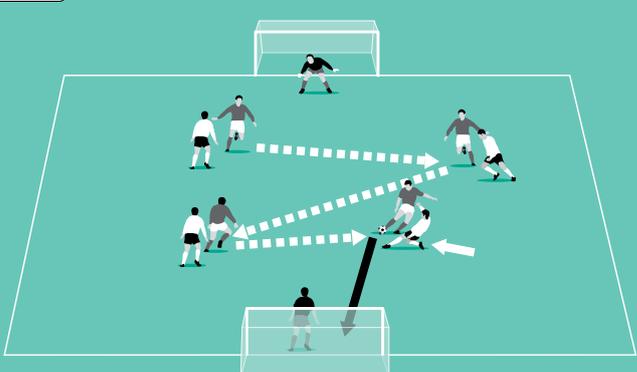
player movement pass dribble shot



The server, bottom right, plays a ball for the shooter, bottom left, to attack. The defender, opposite, runs out to block the shot.



The shooters in white receive the ball from a server and must try to score within a set number of passes.



Both teams play normal football and have to pass the ball a set number of times before shooting. The defenders must block shots.