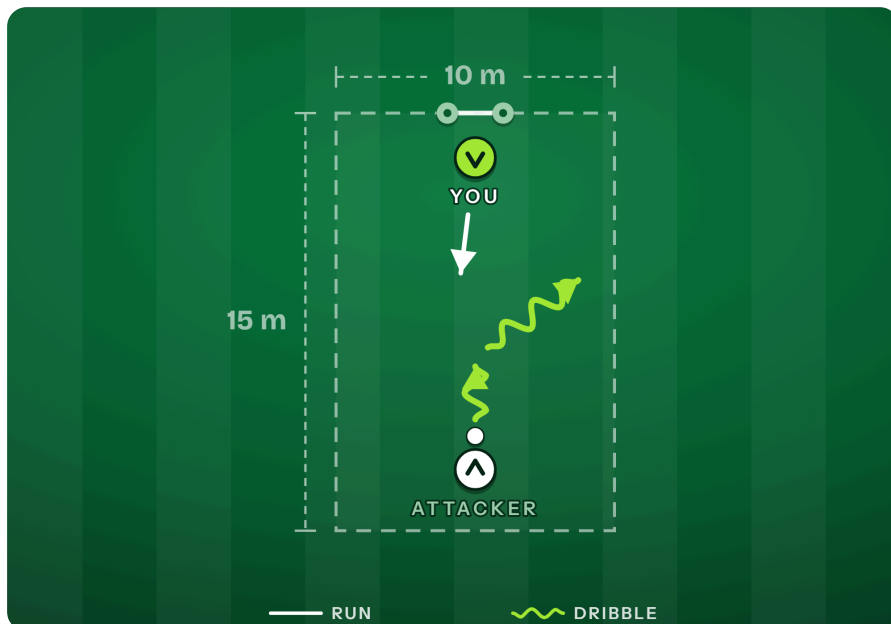




## Set up

👤 A partner to attack

⚽ A ball

📏 10 x 15 m channel

🚪 2 m gate at your end

## Dose

🔄 8 goes as the defender

👥 Then swap roles

8 goes as the defender, then swap roles (the Football Reach target, not an FA rule).

## What it trains

Defend a 1v1 with composure: close the attacker down, slow down, stand side-on and show them one way, away from goal, then win the ball when their touch gets too big. The FA and FIFA coach these same steps.

## How it works

- 1 Warm up first. Mark a channel 10 m wide and 15 m long, with a 2 m cone gate in the middle of your end line.
- 2 You start on your gate. Your partner starts at the far end with the ball and dribbles at you.
- 3 Close them down fast, slow down, stand side-on and show them wide. They score 1 point by dribbling through your gate.
- 4 Win the ball on your feet and dribble it over their end line for 2 points. Play 8 goes, then swap roles.

## Coaching points

- 1 **Side-on, show them wide**  
Sprint out while they dribble at you, then slow down with short steps, close enough to touch the ball. Stand side-on, a little to one side, and show them wide, away from your gate, ideally onto their weaker foot.
- 2 **Wait for the big touch**  
Stay goal-side and patient, moving with them. When their touch runs away from their feet, or their head goes down, step in and win the ball, staying on your feet.

✖ **Not this:** Diving in, lunging or sliding before the ball is loose. The attacker steps past you while you are off balance or on the ground.

## MY NOTES

### ➤ HARDER

Recovery start: begin next to your partner at their end. As they dribble off, touch their end line, then sprint back goal-side and defend (the FA's 1v1 recovery idea).

### ➤ EASIER

Your partner dribbles at walking pace and only tries to get past on the side you show them, until closing down and slowing down feel natural.

## 🛡️ Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Stay on your feet: no slide tackles, no pushing or pulling, and keep the ball on the ground.
- Flat grass with space all round, never a road or driveway.
- Warm up first. Stop if anything hurts and tell an adult.

## 📅 Track 12 weeks (tick each session)

| W1                       | W2                       | W3                       | W4                       | W5                       | W6                       | W7                       | W8                       | W9                       | W10                      | W11                      | W12                      |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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## Watch Archie show it

[footballreach.com/drills/1v1-defending-show-them-one-way](https://footballreach.com/drills/1v1-defending-show-them-one-way)

Then take the free test at [footballreach.com](https://footballreach.com)