

Last man standing

It is vital to improve the decision making of the last defender when caught in 1v1 and 2v1 situations. When a defender is isolated they must first look to force the play away from goal and second, they need to delay the attack and enable team mates to track back and help.



What you tell your players the session is about

1. Defending 1v1 or when outnumbered.
2. Forcing the attackers away from goal.
3. Delaying attackers so that team mates can recover to their positions.

Session planner

| | | | | |
|--------------------|--------------------|-------------------------|-----------------|---------------------|
| Warm up 10 mins | Session 15 mins | Developments 15 mins | Game 16 mins | Warm down 4 mins |
|--------------------|--------------------|-------------------------|-----------------|---------------------|

| Activity | Kit | Outcome |
|-------------|-------------------------------|--|
| Warm up | Poles/mannequins | Players complete pressing techniques, from <i>The Ultimate Football Warm-Ups manual</i> , exercise 21 |
| The session | One goal, balls, bibs cones | The defenders are forcing the attacker away from goal |
| Development | One goal, balls, bibs cones | The defender must delay the two attackers and enable his team mate to recover his position |
| Game | Two goals, balls, bibs, cones | The last defender is able to stop the attacker in a 1v1 situation and then pass forward to a team mate |
| Warm down | n/a | Gentle jogging and stretching exercises |



Where it fits

Individual skills: Pressuring to force away from goal, jockeying to delay, strength to compete, use of body to challenge for the ball, movement to react quickly and recover your position

Team skills: Communication, team work, movements off the ball

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What to think about

- The first thought of the defender is to cut off a direct route to goal and try to force the attacker into wide areas.
- If the defender is outnumbered, then cutting off the pass and isolating the attacker in possession is crucial to slowing the attack down and removing the passing option to the second attacker.
- At all times the defender is trying to slow down forward momentum to give time for team mates to run back and recover their positions.





Set-up

Use an area 40 yards long by 30 yards wide for all practices.



What you get your players to do

The server passes the ball to one of the attackers, as in the top picture, who attacks the defender in a 1v1. The defender needs to react quickly to cut off the path to goal by forcing the attacker wide and away from goal and then, if the opportunity arises, the defender can try to tackle and win possession of the ball. Alternate players so everyone is the "last man standing".



What to call out

- "React to the situation"
- "Force the attacker away from goal"
- "Slow the attacker down"
- "Can you win the ball?"



Development

A second attacker becomes active now to create a 2v1 attack. However, after passing to one of the attackers, the serving player runs to help the defender. The first defender tries to isolate the player in possession by staying tight and cutting off any passing options.

By doing this, the defender will slow down the attack and allow the second defender time to recover track back to a defensive position.

Make sure all players have a turn in each of the positions.



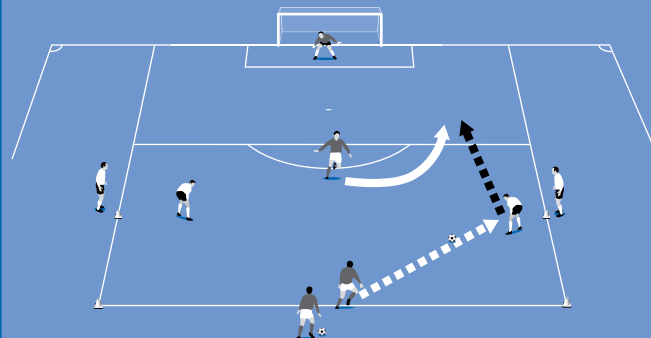
Game situation

Split the squad into two teams. Each team nominates a last man standing to go in their defensive zone. The main game is played in the central zone of the pitch. The aim for the teams is to try and get a player into the opponent's defensive zone to attack 1v1.

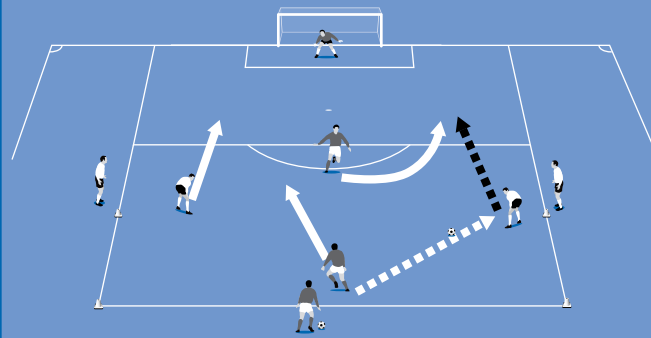
The last man standing must now use the techniques learnt in the previous practices to stop the attacker scoring, regain possession and pass forward to a team mate. After four minutes, rotate each team's last man standing in order to give each player the chance of playing this role. The team which scores most goals wins.

Last man standing

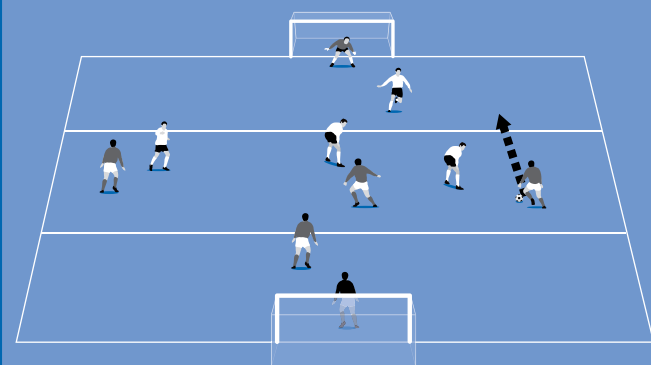
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow



The defender has to react to the attacker in possession of the ball and try to force them away from goal.



The defender attempts to delay the 2v1 attack to allow the server to rush back to become another defender.



The defender tries to stop the attacker who has broken through the defence and into the attacking zone.