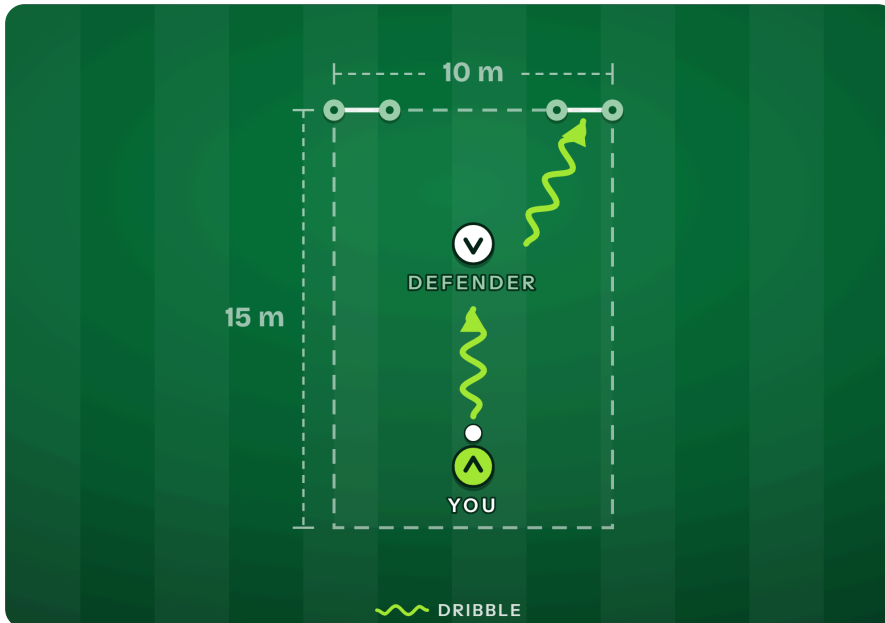




Set up

👤 A partner to defend

⚽ A ball

📏 10 x 15 m channel

🚪 2 m gates, far corners

Dose

🔄 6 games of 2 min

⌚ 1 min rest between

6 games of 2 minutes with 1 minute of rest between (the Football Reach target, not an FA rule).

What it trains

Composure on the ball in a 1v1: commit a defender with pace, fake one way, go the other and burst into space. A meta-analysis found that practising under pressure helped performance under pressure.

How it works

- 1 Warm up first. Mark a channel 10 m wide and 15 m long, with a 2 m cone gate in each corner at the far end.
- 2 Your partner defends in the middle of the channel. You start at the near end with the ball.
- 3 Dribble at them fast, fake one way, go the other and dribble through either gate. They try to win the ball, staying on their feet.
- 4 Walk back and go again, faking to the other side each time. Play 2-minute games, then swap roles.

Coaching points

- 1 **Run straight at them**
Dribble straight at the defender at speed, so they have to stop and cannot guess your side. Fake about two big steps away from them, still moving.
- 2 **Burst into space**
As they lean or step toward your fake, push the ball past them on the other side and sprint after it, then take it through the gate.

✖ **Not this:** Slowing down or stopping well before the defender. It gives them time to settle, close you down and read your move.

MY NOTES

➤ HARDER

Your partner starts on the far line, passes to you and closes you down (less time to decide). Or play a game: if they win it, they attack your end.

➤ EASIER

Your partner only jockeys backwards and does not try to win the ball, until the fake and the burst 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).
- Defenders stay on their feet: no slide tackles, and keep the ball on the ground.
- Flat grass with space all round, never a road or driveway.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult; a GP or physio can help.
- 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
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/1v1-beat-the-defender

Then take the free test at
footballreach.com