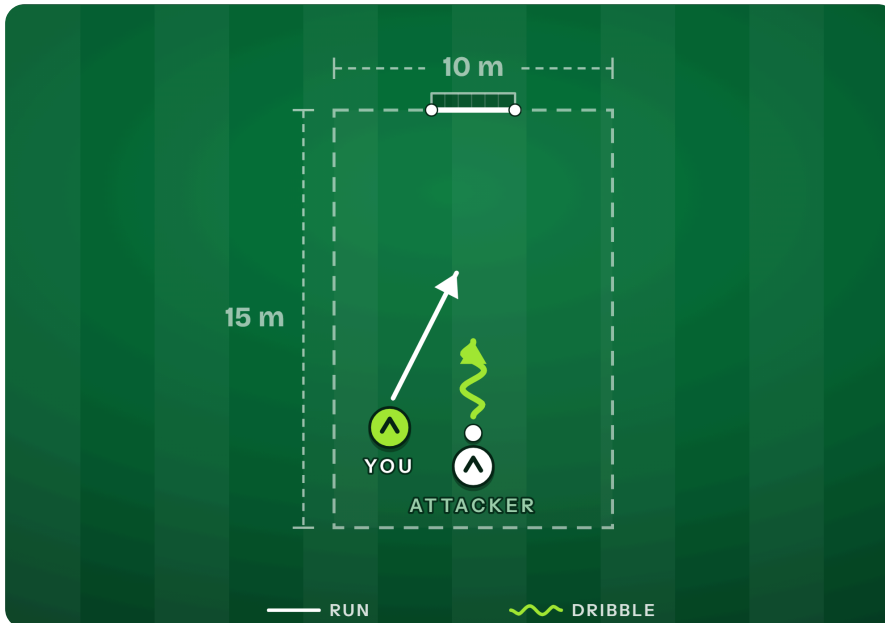




Centre-back: recover and delay

TECHNICAL & TACTICAL · RECOVERY DEFENDING · 2 PLAYERS (YOU AND A PARTNER)
· AGE 10+

Set up

- A partner to attack
- A ball
- 10 x 15 m channel
- Small goal at your end

Dose

- 8 goes, alternate sides
- Then swap roles

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

What it trains

Recovery defending for centre-backs: when an attacker gets away from you, sprint back towards your own goal to get goal-side, then slow them down on your feet until help arrives or their touch gets too big. FA and FIFA sessions coach these ideas.

How it works

- Warm up first. Mark a channel 10 m wide and 15 m long, with a small goal (or 2 cones 3 m apart) in the middle of your end line.
- Your partner starts at the far end with the ball. You start beside them, level with the ball and about 3 m to one side.
- On their first touch, sprint back towards your goal until you are goal-side, then turn and slow them down. They score 1 point by dribbling into your goal.
- You win the go if you win the ball on your feet, or if they have not scored after 6 seconds (our rule: count the seconds out loud). Start on the other side next go.

Coaching points

- Run for your goal**
Sprint on a line towards the middle of your goal, not at the ball, until you are between the ball and your goal. Turn to face the attacker before they reach you.
- Back off with small steps**
Once you are goal-side, slow down and back off with short steps, about two big steps from the ball and a little inside it, so they go wide. Stay on your feet and be patient: in a match, holding them up gives teammates time to get back.

✖ **Not this:** Chasing the ball instead of running for your goal. You end up behind or beside the attacker, they run at goal, and a tackle from behind is a foul that can hurt someone.

MY NOTES

➤ HARDER

Start further back: touch a cone on their end line first, then recover (the FA's 1v1 recovery session uses a goalpost). Or give them 8 seconds instead of 6.

➤ EASIER

Start level with the ball and only 2 m to the side, and your partner dribbles at walking pace, until the recovery line and backing off 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 tackles from behind, no pushing or pulling, and keep the ball on the ground.
- Flat grass with space all round, never a road or driveway. Use a light small goal that is pegged or weighted down, or 2 cones.
- 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/centre-back-recover-and-delay

Then take the free test at footballreach.com