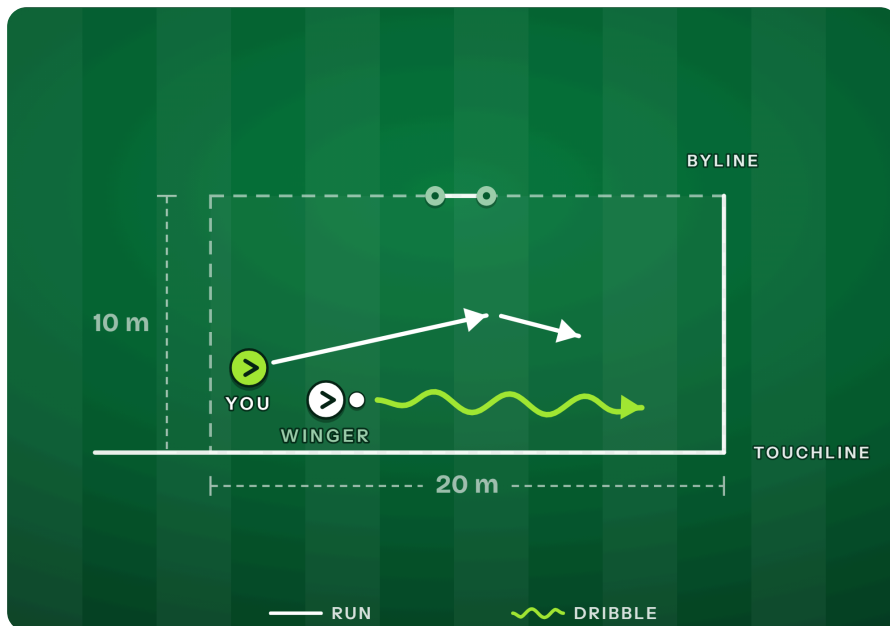




Full-back: recovery run, then 1v1

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

Set up

A partner, the winger

A ball

20 x 10 m channel

2 m gate near the end

Dose

6 goes each side

1 min rest between goes

6 goes each side, resting 1 minute between goes, then swap roles (the Football Reach target, not an FA rule).

What it trains

A full-back's recovery: when a winger gets past you, sprint back on a line inside theirs until you are between the ball and your goal, then defend the 1v1 on your feet and block the cut-back. Built from FA and FIFA defending advice.

How it works

- 1 Warm up first. Along a touchline (or any straight line), mark a channel 20 m long and 10 m wide; its far end is the byline. Put a 2 m cone gate on the inside edge, about 10 m from the byline.
- 2 Your partner, the winger, starts at the near end with the ball, about 2 m in from the touchline. You start 3 m behind them, a little inside.
- 3 On their first touch, sprint back on a curve inside their line, towards goal, until you are between the ball and the gate. Then slow down with short steps.
- 4 Show them down the line and block the cut-back on your feet. They score 1 point by getting the ball through the gate along the ground; you score 2 by winning it.
- 5 Walk back and rest 1 minute. After 6 goes, run the channel the other way so the line is on your other side, then swap roles.

Coaching points

- 1 **Run inside their line**
Do not run at the ball. Sprint on a curve inside the winger's line, towards your goal, until you are goal-side: between the ball and the goal. Then slow down with short steps.
- 2 **Down the line, block it**
Stand side-on so the only way on is down the line. Stay between the ball and the gate, close enough to block, and stop the cut-back with your feet and legs, staying upright.

× **Not this:** Chasing straight after the ball, behind the winger. You never get goal-side, so they can cut inside you or play the cut-back past you.

HARDER

A bigger head start: on their first touch, touch a cone 3 m behind you before you recover (the FA's 1v1 recovery idea), or start 5 m behind them.

EASIER

Start level with the winger. They dribble at jogging pace and only try the cut-back from near the byline, until the inside line feels 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 and room to slow down past the lines, never a road or driveway.
- Stop if anything hurts. Under 16: knee or heel pain 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/full-back-recovery-run-then-1v1

Then take the free test at footballreach.com