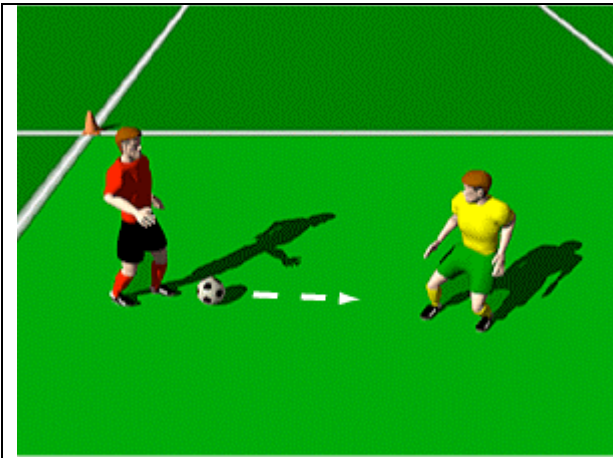
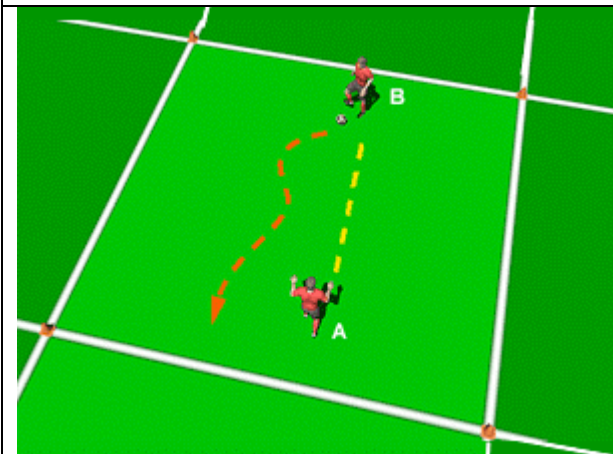


# Defending



## Defensive Footwork

Divide your group into pairs, one ball per pair, in an area 10 yards by 20 yards. One player is the defender, the second the attacker. The attacker slowly dribbles the ball towards the defender. The defender keeps a distance approximately 2-3 yards from the attacker while jockey backwards. He must face the attacker at all times and concentrate on keeping the correct distance from the attacker. The defender should switch the back foot when the ball exchanged from one side to the other. The two players work there way from one end of the grid to the other then change roles.

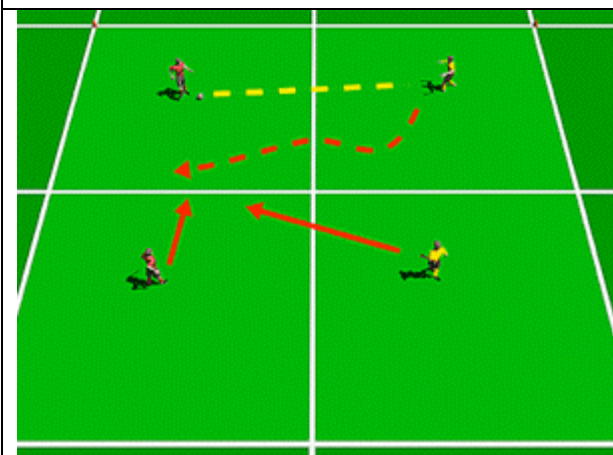


## 1 v 1 Defending

Organize the players into pairs in a 20 x 10 yard grid.

Players "A" passes the ball to player "B". When player "B" receives the ball they attempt to dribble past the end-line defended by player "A". The players take turns at being the defender. The coach should emphasize the following;

- Close the space quickly and don't let the player with the ball build up speed.
- Force the player with the ball to do what you want them to do - force them to their weaker foot, force them to the side-line etc.



## 2 v 2 Defending

This practice is designed to improve each player's two on two defending skills. In an area 20 yards by 20 yards place 2 players at opposite ends. The attackers must try to get over the opposite end line and the defender have to prevent them. The coach should emphasize the following;

- Use the second defender as cover
- Direct the player with the ball to the second defender.
- Force them to pass backwards or turn.