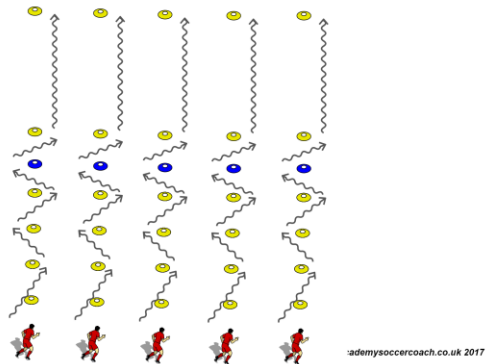




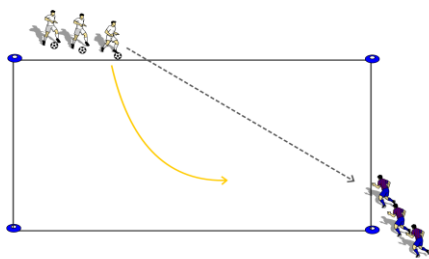
OBJECTIVES- Defending - Principles of Defending



**TECHNICAL WARM-UP**      **Grid Size:** 20x30      **Duration:** 15 Mins

**French Dribbling**  
 Groups of 3-5 players max in each line, cones 1 yd apart  
 Player A dribbles thru cones using different parts of feet.  
 When Player A gets to blue cone Player B can proceed  
 Once past the last cones he should speed dribble and perform a turn and return to the end of the line.  
 Progression: After turn he can pass to the player at the back of the line

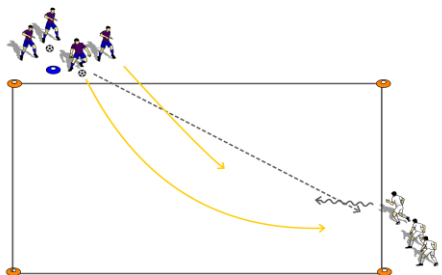
**COACHING POINTS / KEY CONCEPTS**  
 Heads up while dribbling. Go slow and perform the moves correctly.  
 Lots of small touches.



**ACTIVITY 1** 1v1 defending      **Grid Size:** 20x30      **Duration:** 15 Mins

The defenders make a good pass to the attacker. The defender will press the ball and delay the attacker. The attacker tries dribble the ball past the cones.  
 If the defender wins the ball they can counter and dribble across defending line

**COACHING POINTS / KEY CONCEPTS**  
 Angle of approach - Bend Run and force attacker to sideline  
 Speed of Approach - Slow run down as you close in  
 Body shape - 45° to attacker, knees bent and on toes

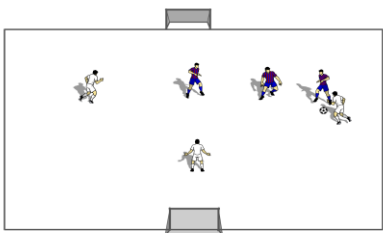


**ACTIVITY 2** Pressure & Cover      **Grid Size:** 20x30      **Duration:** 15 Mins

2v1 defending: The defenders make a good pass to the attackers. Attacker tries to dribble across endline. When defenders win the ball they can counter and dribble across the endline.  
 1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"  
 1st defender should force attacker to the 2nd defender.

Switch positions after 5-6 minutes

**COACHING POINTS / KEY CONCEPTS**  
 Bend run and force to 2nd defender  
 Slow run down as you approach attacker, don't reach, move feet talk and communicate



**ACTIVITY 3** 3v3/4v4 games      **Grid Size:** 20x30      **Duration:** 15 Mins

3v3 games that the coach should focus on the defending moments

1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"  
 1st defender should force attacker to the 2nd defender.

**COACHING POINTS / KEY CONCEPTS**  
 Look for defending moments 1v1/2v1 situations to talk about.  
 Slow run down as you approach attacker, don't reach, move feet talk and communicate "I have ball" and "I have cover"