

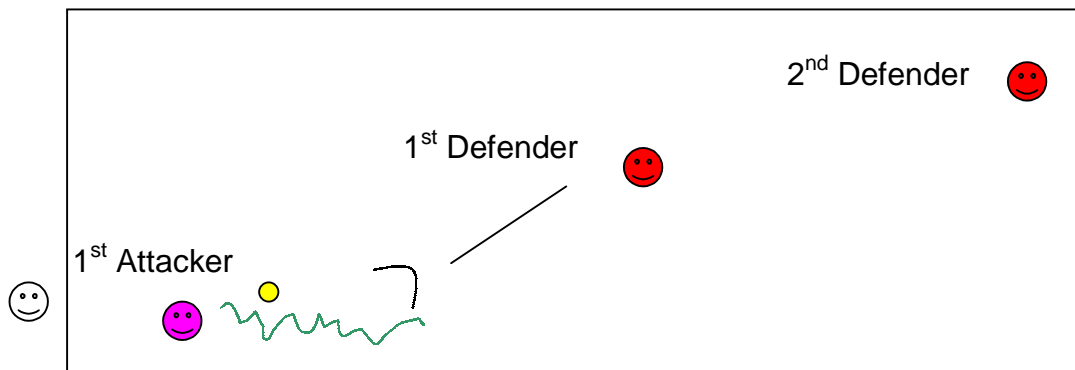
## Basic Defender Drill/ Warm-Up

### Organization

Split the team into groups of two. Each group with a ball. Player A passes to Player B who is ten yards away. Player A is the defender, Player B the attacker. Player B takes on Player A. Play at 50% speed working on foot placement, small quick step, playing side on, balance and keeping the correct distance.

After each turn the players switch roles. Run this about 10 minutes and each player should be getting 10 to 20 repetitions at the defender spot.

### The Delaying Game



The object of this game is to teach the 1<sup>st</sup> Defender to delay his opponent. The 1<sup>st</sup> defender is backed up by a second defender located on the far touchline. The 1<sup>st</sup> attacker, person with the ball starts to dribble towards the far touchline. His job is to get it across under control.

The 1<sup>st</sup> defender's job is solely to delay the 1<sup>st</sup> attacker until his teammate arrives. The 2<sup>nd</sup> defender has to be artificially delayed. Make him do ten juggles, or ten foundations or ten of any other foot skill before he enters the field of play.

Score the game so that the concept of delay is rewarded. If the 1<sup>st</sup> defender gets beat and the second defender is not on the field, award 5 points to the attacker.

If the first defender simply knocks the ball out of bounds give him a point, but give him 5 points if he delays the 1<sup>st</sup> attacker and, together with his teammate, dispossesses the ball and takes control.

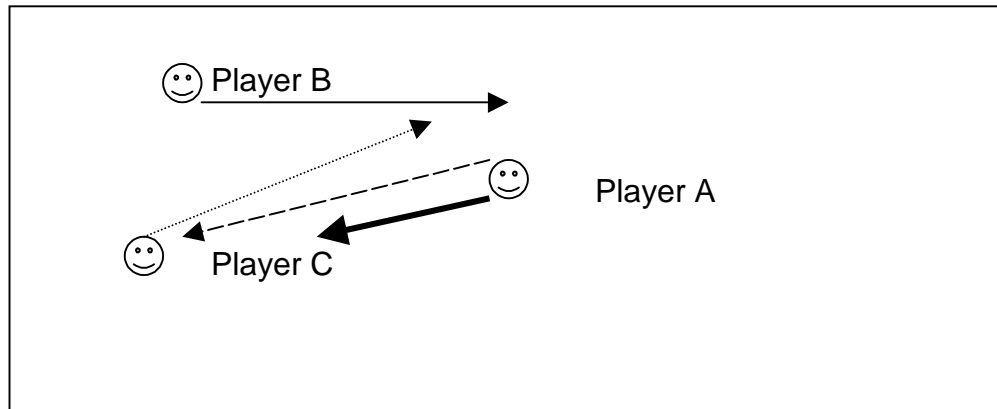
## Coaching Points

Praise delay over deny and destroy

Look for the 1<sup>st</sup> defender to angle his opponent towards the touchline. The touchline acts as a third teammate.

Make sure that the 1<sup>st</sup> defender just doesn't dive in and stab at the ball

### Pressure (Under 7 Game)



The game of “Pressure” is played in groups of three, one ball per group. Player A rolls the ball (receiving ground balls) or tosses the ball (receiving air balls) to either player B or player C. In this example, player C must control the ball and get a completed pass to player B. While this is occurring, player A immediately challenges player C and tries to win the ball back.

After successful pass, player C would then pick up the ball and repeat the activity as the defender. The defender is awarded a point for winning the ball back and gets to throw again.

## Coaching Points

Encourage defender to pressure quickly after the toss.

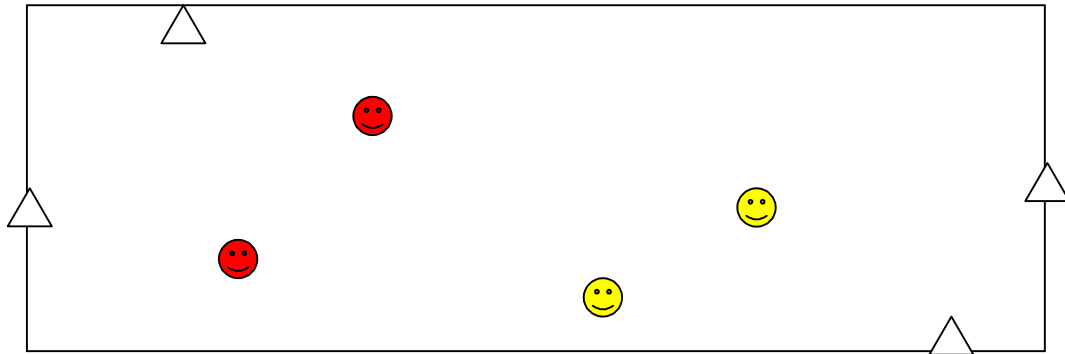
Defender needs to work hard at closing down the space while the ball is in flight.

Receiving player's first touch should be away from the pressuring defender.

Player receiving the pass should move to create a clear passing lane.

Do not allow the receiving player to one touch the incoming toss. This is a receiving drill, as well as a drill that serves as a good warm-up for practices dealing with defenders.

### **Pressure / Cover Defending (Under – 8 Game)**



2 v. 2, with goals marked out in the corner of the grid.

Have a regular game with periods of about 2 - 3 minutes in duration.

Have plenty of extra balls ready to keep the game flowing

### **Coaching Points**

Pressure on the ball, do not let the first attacker's head to come up

Second defender must cover the goal as well as be aware of the second attacker

First defender tries to channel the attacker into the sideline and away from the second attacker. (This is easier to do since the goals are in the corners of the grid, the sidelines come up quicker.)

When first defender has made the play predictable, second defender tries to double team.

Make sure the defenders stay balanced, that they do not become too spread out, enabling the attacking team to make "splitting passes".

As soon as the ball is won, can they shoot? This is the best time to do so because the attacking team is not in a good defending posture