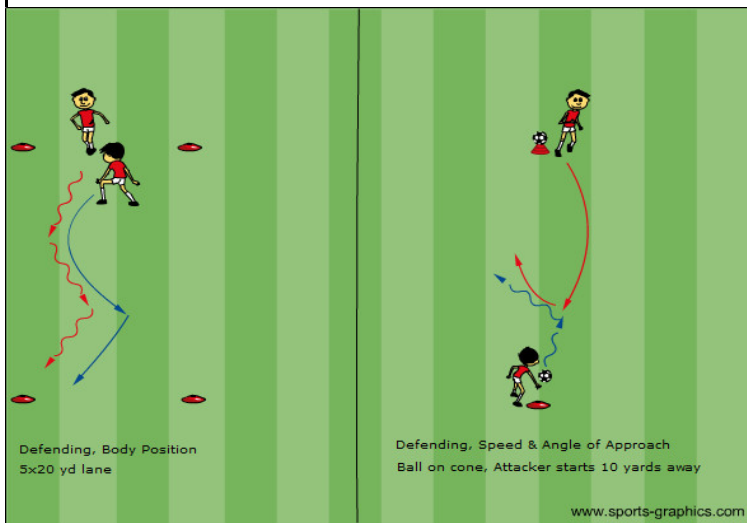




Defending- 1st Defender Practice



Warm-up

Activity 1-

- Attacker dribbles across the area and changes direction every few touches
- Defender works on defensive body shape adjusting to attackers changes of direction

Activity 2-

- Place a ball on a cone with a defender by it, and have an attacker with a ball 10 yards away.
- Attacker dribbles and tries to knock the ball off the cone by passing their ball to hit it.
- Defender closes attacker, trying to block the attackers pass. Defender can NOT take the ball from attacker while they're dribbling.
- Defender must only use correct body shape to get between the attacker and ball on cone.

CP- Knees bent, stay low, feet at an angle, body position

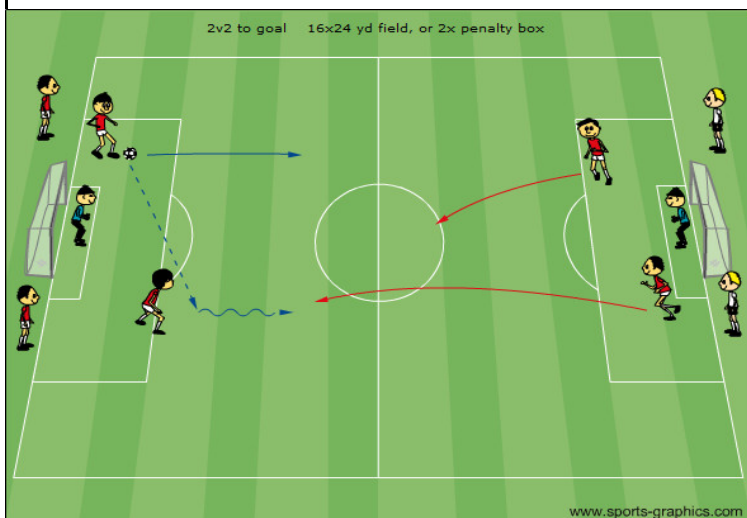
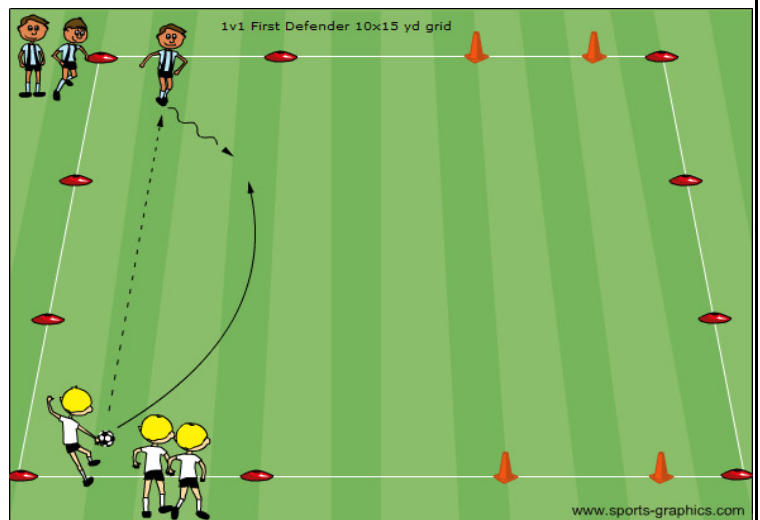
Game 1- 1v1 on a 10x15 yard field, goal on end line

- Defender passes to attacker.
- Defender closes attacker, trying to deny attacking player from passing the ball into the goal.
- Defenders try to score as well if they win the ball.
- Switch sides every 5-7 minutes.

Points-

- 1 point for attacking team scoring
- 1 point for defending team denying score
- 2 points if defending team scores

- CP-**
- 1) Angle run to take pass away and force attacker to sideline
 - 2) Sprint to close space, but slow down as you approach attacker.
 - 3) Jockey/Delay until attacker has bad touch



Game 2- 2v2 to goal with goalies, on 16x24 yard field

- Attacking team starts by passing to partner.
- Defending team players then come out to try to deny the attacking team from scoring on their goal.
- Defending team can score as well if they win the ball.
- Switch roles every 8-10 minutes.

Points-

- 1 point for Attacking team scoring
- 2 points for Defending team scoring

- CP-**
- 1) Communication between defenders, who goes to the ball.
 - 2) Force attackers into bad shooting angles