



## defending

**Category:** Technical: Defensive skills

**Difficulty:** Beginner

Am-Club: Savannah United  
Ciara Thomas, Savannah, United States of America

### Fencing warn-up(body shape) (10 mins)

**Organization:**

15x20 yard grid dividd in 6 square

2 players per square

**Instructions:**

To win players must touch opposite players knee.

30 second battle.

Winner play each others.

**Coaching Points:**

Balance your self on the ball of your foot.

Knee bent leaning forward.

Try to match opposite players knee before engaging.

**Progressions:**



### 1v1 semi opposed( delay, denied) (20 mins)

**Organization:**

Same grid as above.

3 group of 4 players.

A lot of the ball.

**Instructions:**

Defender pass the ball to attacker and must hold him behind the middle line for 5 second.

**Coaching Points:**

Deny penetration

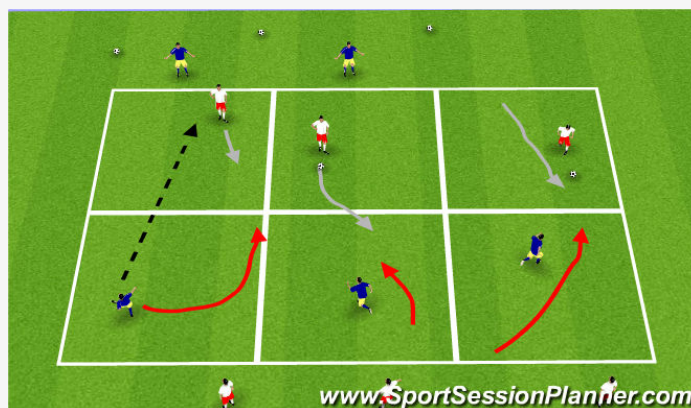
Speed of approach

Angle of approach force player on to weak side

Faint to tackle to force a mistake

**Progressions:**

Defender must stop the pass to second attacker behind him.  
make it a game count your point.



### fully opposed to goal( destroyed) (15 mins)

**Organization:**

Same as above

**Instructions:**

Defender pass the ball if win the ball can attack other goal.

**Coaching Points:**

Deny penetration

Speed of approach

Angle of approach force player on to weak side o Correct moments to tackle

Faint to tackle to force a mistake

Tackling techniques

Transition to attack

**Progressions:**



## 1v2 main theme two (15 mins)

### Organization:

Two 20x15 yard area  
12 players (2 team of 6)  
1 ball (extra around)

### Instructions:

1. Teams play 2v1 to goal, the two field start at the coach command.
2. The game starts by the defending player passing attacking team dribbling the ball into the area the defender has to hold the 2 attackers for 20 second and get a point.
3. After each attempt on goal or after the 20 seconds a new attacking team starts the game from behind the goal

### Coaching Points:

1. Speed and angle of approach should force 1st attacker away from the goal
2. Separate the 2 attacker and create a 1v1
3. defender needs to keep both attackers in view
4. Transition to attack



## conditioned game. (15 mins)

### Organization:

Same as above.  
3v3 to 3 goals

### Instructions:

Player can dribble and score only in their columns or pass to the next one.

### Coaching Points:

Do not let the defender get behind you.

### Progressions:

