

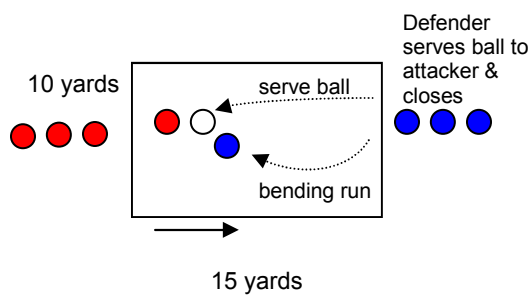
WARM-UP

In partners, one player dribbles from left to right 40 yards while the defensive player works on sliding and steering the offensive player to one side or the other. Start slow and then gain some pace.

Coaching Points;

- Defensive player stays low and shuffles
- Defensive player never crosses feet
- Defensive player always faces attacker

EXERCISE 1

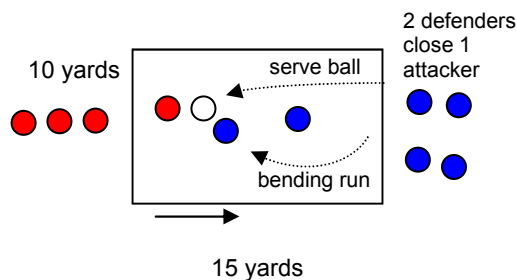


The attackers try to dribble across the other side of the grid. The defender tries to guide the attacking player out of bounds or takes away the ball. Rotate the roles after 4 minutes.

Coaching points:

- The defender must close down attacker as soon as possible;
- The defender should make an arcing run to the ball to force the attacker to go in a certain direction;
- The defender must stay low and shuffle his feet fast to keep body in front of dribbling attacker;
- The defender should not stand up high and should not be forced to turn and run to catch up.

EXERCISE 2

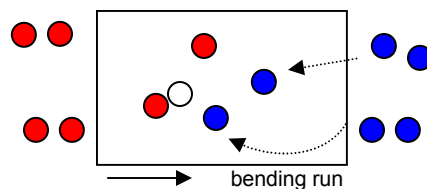


Two defenders come out to defend. The second defender tells the first defender which direction to force the dribbler.

Coaching points:

- The first defender must close down attacker as soon as possible;
- The first defender should make an arcing run to the ball to force attacker to go in a the direction the second defender tells him; The second defender "covers" the play and puts himself in a position to make the tackle after the first defender pressures the dribbler to one side;
- The second defender must not be too close to the first defender otherwise both defenders will be beat on one dribble;
- The second dribbler must not be too far or a big hole will allow a good dribbler to beat both defenders.

EXERCISE 3



2 offensive players start the play from one side. Two defenders come out to defend. The second defender tells the first defender which direction to force the dribbler.

Coaching points:

- The first defender must close down dribbler as soon as possible;
- The first defender should make an arcing run to the ball to force dribbler to go in a the direction the second defender tells him; The second defender "covers" the play and puts him/herself in a position to make the tackle after the first defender pressures the dribbler to one side
- The second defender must not be too close to the first defender otherwise both defenders will be beat on one dribble
- The second dribbler must not be too far away or a big hole will allow a good wall pass to beat both defenders.

EXERCISE 4

4v4 Game with two large goals (35ydx 25yd). Players must focus on defensive shape. The first player back must be goalie, but cannot use hands. Help the players to recognize the "diamond" shape. Emphasize stealing the ball and transitioning to offense. Also emphasize first and second defending roles and positioning.

