



Defending as a Pair

Category: Technical: Defensive skills
Difficulty: Moderate

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Individual-Adult Member

Description

Defending a pair

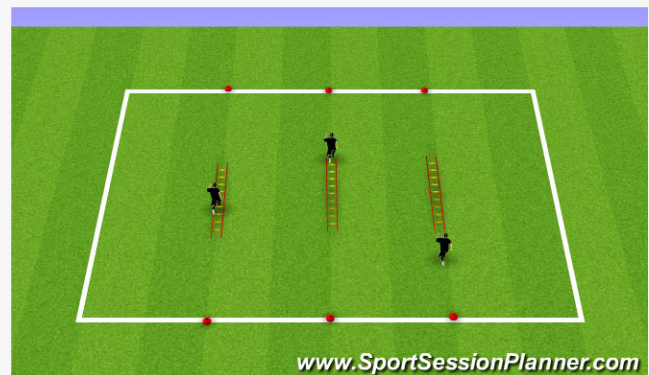
Warm up (10 mins)

Organization 30 x 30 square split into 4.
The center line is the line defended.
3 players per group
1 player is dribbling inside the square, the other 2 are jogging around.
coach shouts go the player dribbling must try and dribble across the center line, while the other 2 players defend.
switch roles and repeat
Add Dynamic stretches High Knees, Heel flicks, kick through, skipping, open the gate and windmills.



SAQ (15 mins)

1. Fast feet
2. Two forward one back
3. Bunny hop
4. Side to side



Technical Defending as a pair (15 mins)

1v2 to goal, defending team passes the ball upto the attacker who tries to score a goal.

1st defender is out quick and he will pressure

2nd defender gets into a cover position, which in this case is on the left shoulder of the 1st defender

Caching Points

1. Communication 1st defender communicates by calling "got ball" and 2nd defender covers the space to the left.

2. 2nd defender is covering in a position left about 3 yards back. he is not in the center of the field.

3. defenders would switch roles if attacker runs across.

4. can we force him wide of the goal.



2v2 (15 mins)

2v2 defending.

Organization 40 x40 square.

Defenders pass the ball out then pressure quick.

As the ball is more central, the 1st defender is pushing the attacker into his team mate as he is too far inside the field and may get beat in a 1v1.

Coaching Points

1v1 Techniques from last week.

Communication, closest defender pressures the ball.

2nd defender gets into a cover position.

patient, let the attacker make a mistake, when they do be aggressive and win the ball.



Game (15 mins)

Game

2v2 only in the final thirds.
then regular game.

