



Defending as a pair

Category: Technical: Defensive skills
Difficulty: Moderate

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Individual-Adult Member

Description

2v2 Defending in a pair

Warm up (10 mins)

Organization

30 x 30 square split into 4 grids.

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 (5 mins)

Organization

Place two cones around 10 yards apart. Place two more 15 yards up field, these should be 1 yard apart - the aim is that players make contact with each other. Players race up and around the cone and should knock shoulders together when trying to win the ball.

The player who passes the ball back to the server wins a point.



Technical Defending as a pair (15 mins)

Organization

30 x 30 grid split into two. 1v2 to goal, defending team passes the ball up to the attacker who tries to score a goal.

1st defender is out quick and he will pressure the attacker

2nd defender gets into a cover position, which in picture 1 is on the left shoulder of the 1st defender. However that has changed in picture 2 as the attacker has dribbled across the goal and the players have switched positions

Coaching Points

1. Communication 1st defender communicates by calling "ball" and 2nd defender covers the space to the left or right shoulder - whichever is closest to goal.

2. Defenders would switch roles if attacker runs across. (screen 2 example)

3. Can we force him wide of the goal.

5. When we win the ball can we counter attack?

6. Remind Defenders to be patient.



2v2 (15 mins)

Organization

30 x 30 square. Split in two. With two goals on each field.

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

1. 1v1 Techniques from last week.
2. Communication, closest defender pressures the ball.
3. 2nd defender gets into a cover position. Do not follow the other attacker.
4. Patient, let the attackers make a mistake, when they do, be aggressive and win the ball.
5. Counter Attack and score.



Game (15 mins)

Game

Can we encourage positive defending principles - work together.
Remember that we defend all over the field.

