

# TECHNICAL Defending



# “Delay, Tackle Takeaway”

The following drill teaches the basics of defending in a 1v1 and 2v1 situation. It can also be used as part of the Warmup or Fitness Phase of a practice session.

## “DELAY”

This phase teaches players how to delay an attack. Rather than go aggressively in for a tackle, the defender should attempt to slow the attacker's progress.

### The Drill:

Each player places a ball 8-10 yards away from him or her

The Coach then says “Delay”

The players sprint to their ball and take up the proper defensive stance and then backpedal back to start

### Coaching Points

> “Quick, Slow, Sideways Low” is the way to teach this phase.

- Quick -- Players should sprint for three-quarters of the way to the ball
- Slow -- Players now take a few small steps and then assume the proper defensive stance
- Sideways Low -- Players have one foot ahead of the other (as opposed to completely facing the ball/attacker, with their legs spread apart), and are in a slight crouch

## “TACKLE”

This phase teaches players how to go in for a block tackle, stopping the attacker from moving forward.

### The Drill

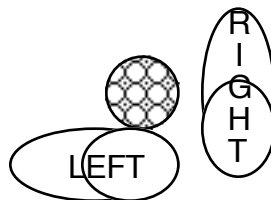
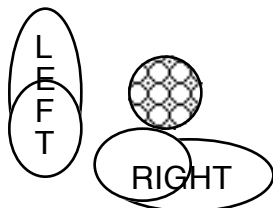
Same setup as above

Coach now says “Tackle”

Players sprint to the ball and assume proper tackling position and then backpedal back to start

### Coaching Points

- > One foot is placed in front of the ball, with the ball centered on the heel and ankle of the tackling foot
- > The other foot serves as the plant foot and is placed alongside the ball
- > The feet form a right angle (see diagram)



## “TAKEAWAY”

This phase teaches players how to go in aggressively and complete the tackle by taking the ball away

### The Drill

Same setup as above two phases

Coach says “Takeaway”

Players sprint to the ball and, using the pullback/drag-back maneuver, take the ball away and dribble it back to their starting point

## ADDING TO FITNESS

Once the players have gone through the 3 phases, the Coach can now have them on the starting line and call out any of the three defending concepts. Do this 8-10 times consecutively. Rest 1 minute. Repeat. Do 3 sets.