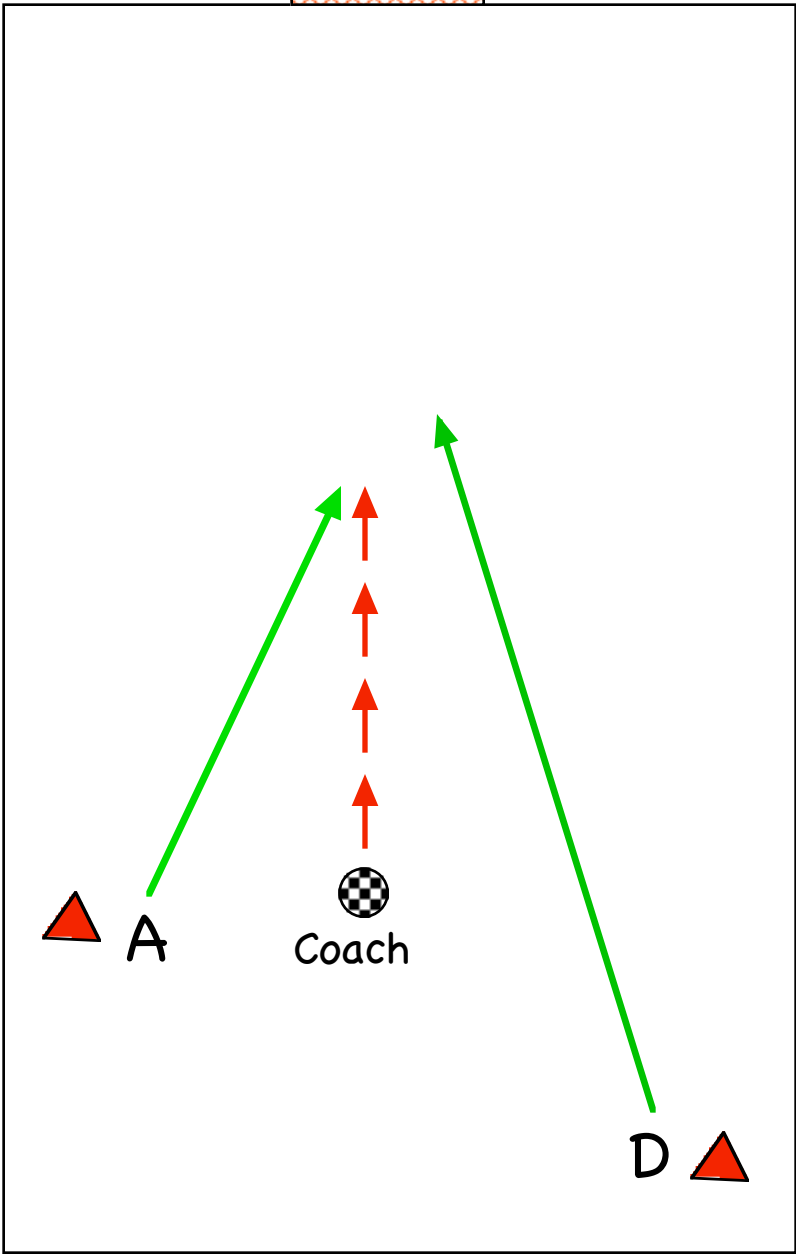


TECHNICAL: Defending

"CHASE"

This drill is designed to teach defending in a 1v1 situation: specifically, making a proper recovery run. It is also good for coaching attacking in a 1v1 situation.



-  Path of the ball
-  Path of the player

SETUP: grid should be at least 30 yards long with a regulation goal on the endline

PLAYERS: 2

- > 1 Attacker lines up even with a coach (or another player) who has the ball
- > 1 Defender who lines up 5 yards behind attacker

DRILL RUN:

- > Coach (or player) sends ball toward goal
- > Attacker and Defender chase after ball
- > Attacker goes to goal
- > Defender tries to tackle ball away, or prevent attacker from taking a shot

COACHING POINT -- Defender

- > should take an angled approach to the attacker and attempt to get ahead of the attack

COACHING POINT -- Attacker

- > should keep ball on outside foot (in this case it would be the left foot, away from the defender on the right)