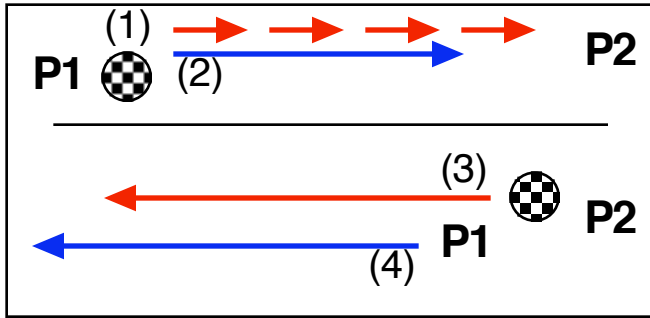


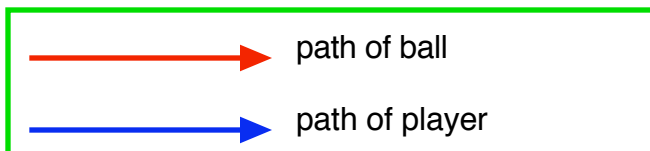
# TECHNICAL: Defending

This drill is designed to teach individual defending in 1v1 and 2v1 situations. It was presented by Jeff Tipping, the Director of Coaching Education for the National Soccer Coaches Association of America (NSCAA). This Part 1 of a 2-Part Session. Part 1 involves 2 players in a grid. Part 2 involves groups of 4 (or more) in a grid.



### Coaching Points

- > P1 should always keep eyes on ball
- > P1 should be in defensive stance, one foot ahead of the other, shuffling feet while moving backwards
- > P1 should be low and balanced



## INDIVIDUAL DEFENDING

### Warmup, Part 1

Grid Size: 10 yards long x 5 yards wide

Number of Players: 2

Setup: Player 1 has ball with Player 2 only a few yards away facing Player 1

Drill Progression --

- (1) Player 1 passes ball through Player 2's legs
  - (2) Player 2 turns and chases ball
  - (3) Player 1 follows pass and assumes role as defender
  - (4) Once Player 2 gets to ball, with back to Player 1, he or she must try to turn with the ball and dribble back to starting line  
Player 1 has to defend Player 2 and not allow Player 2 to turn with the ball
- > Players switch roles

## INDIVIDUAL DEFENDING

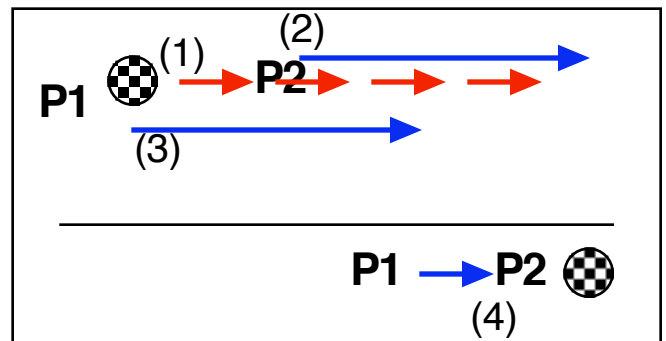
### Warmup, Part 1

Grid Size: 10 yards long x 5 yards wide

Number of Players: 2

Drill Progression --

- (1) Player 1 passes ball to Player 2
  - (2) Player 1 follows pass and becomes passive defender
  - (3) Player 2 slowly dribbles ball back toward line where Player 1 started
  - (4) Player 1 backpedals in defensive stance
- > When players reach endline, Player 2 returns to original starting spot with the ball
- > Players switch roles with P2 becoming defender



### Coaching Points

- > Player 1 should approach Player 2:
  - Quick (*halfway to ball*)
  - Slow (*up to 1 yard away*)
  - Sideways Low (*stance*)
- > Once Player 1 gets to Player 2, Player 1 should assume the following defensive position:
  - Touch-Tight (*close and tight enough to reach out and touch Player 2*)