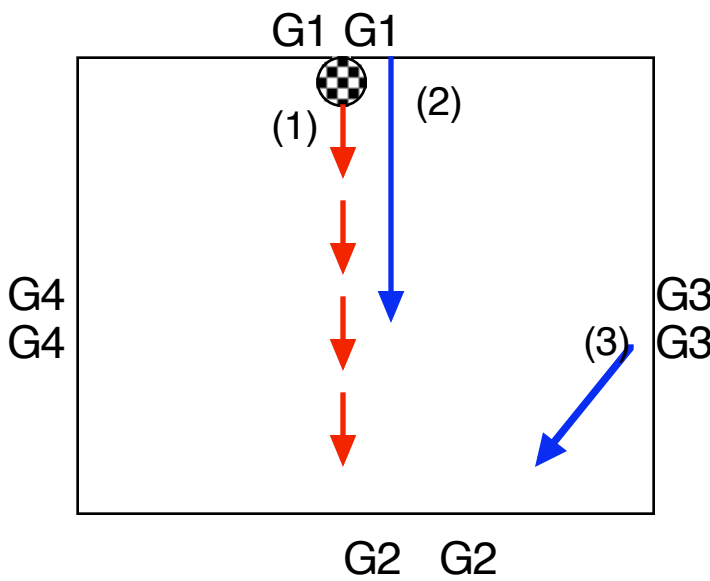
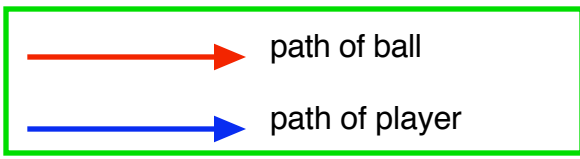
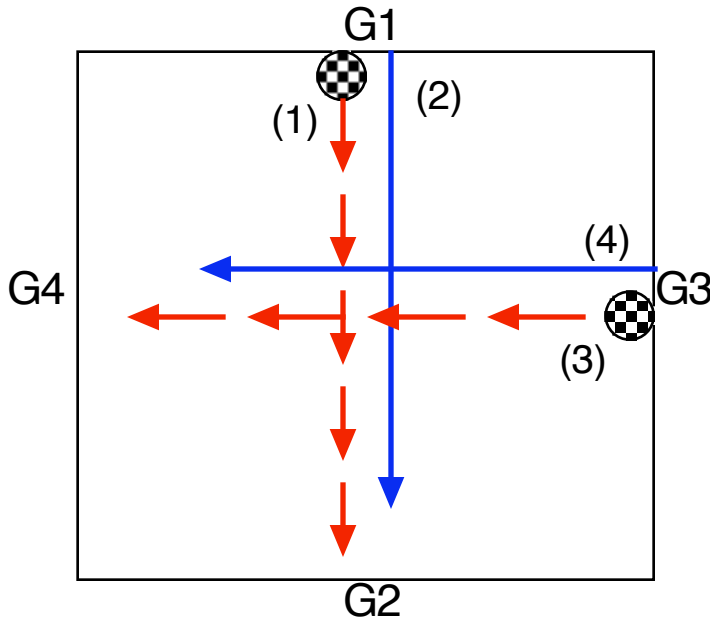


TECHNICAL: Defending

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 2 of a 2-Part Session. Part 1 involved 2 players in a grid. Part 2 involves groups of 4 (or more) in a grid.



INDIVIDUAL DEFENDING

Active Defending, 1v1 To Lines

Grid Size: 15 yards long x 15 yards wide

Number of Players: 4 or more

Drill Progression

- (1) First Player in Group 1 (G1) passes across grid to first player in Group 2 (G2)
 - (2) G1 follows pass and now engages in 1v1 with G2 trying to score by dribbling ball over Group 1 endline
 - as soon as a goal is scored or a tackle is made --
 - (3) First Player in Group 3 (G3) passes to first player in Group 4 (G4)
 - (4) G3 follows and battles in 1v1
- Player Rotation: Clockwise --
Group 1 players to Group 3, Group 3 to Group 2, Group 2 to Group 4, Group 4 to Group 1

INDIVIDUAL DEFENDING

Active Defending, 1v2 To Lines

Grid Size: 15 yards long x 15 yards wide

Number of Players: 8 or more

Drill Progression

- (1) First player in Group 1 passes to first player in Group 2
- (2) G1 follows pass
- (3) G3 joins G2 for a 2v1 vs. G1
 - G2 & G3 must dribble ball over G1 endline
 - no player rotation
 - each group gets chance to defend 1v2
 - Game 2: G4 defends vs. G1 & G3
 - Game 3: G2 defends vs. G1 and G4
 - Game 4: G3 defends vs. G4 and G2