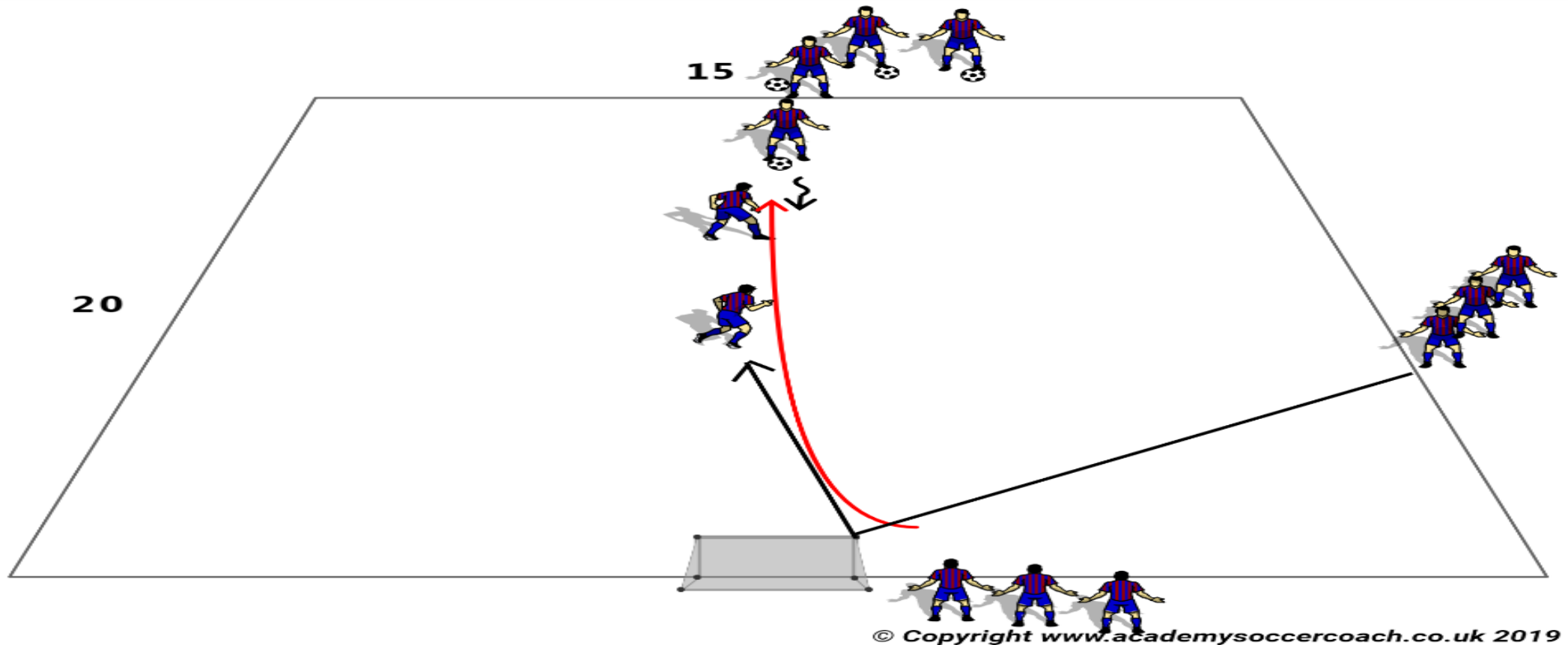


"1 vs 2" Pressure Cover

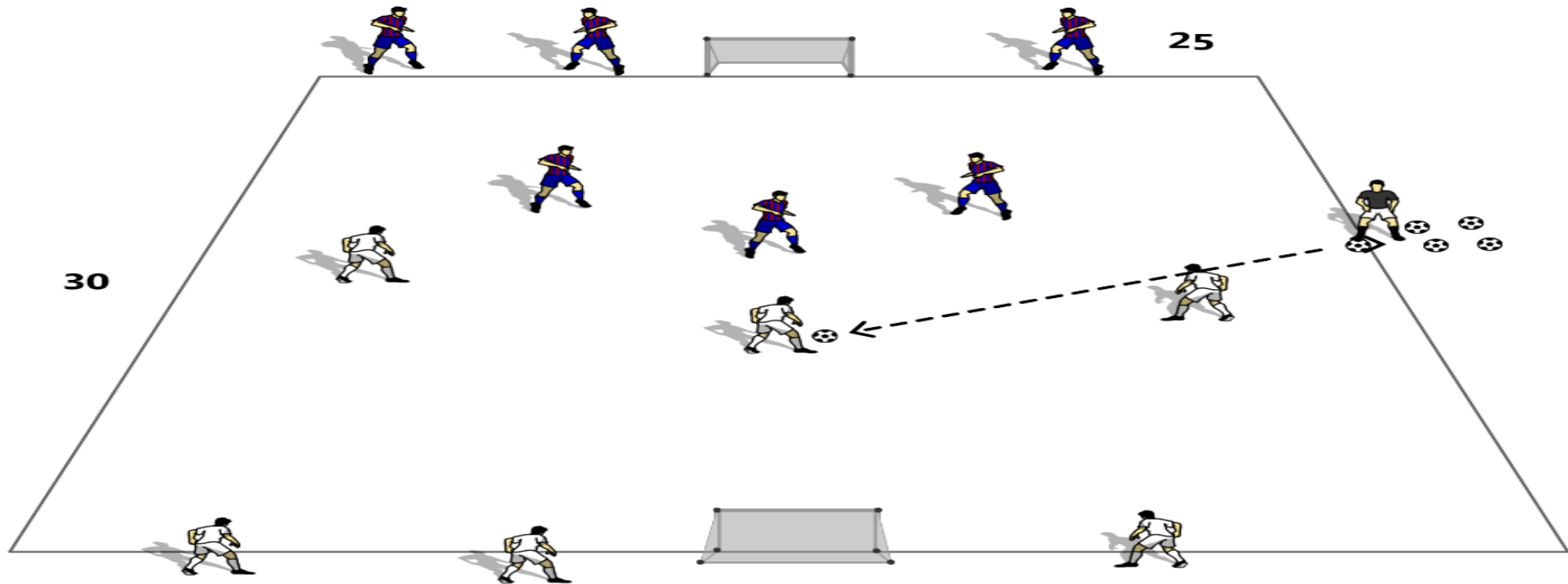


2nd Activity - "1 vs 2"

Exercise - Using a 15 x 20 grid, create 3 equal lines positioned as seen on the diagram. Play begins with coach either blowing his/her whistle or simply saying "go". Once the attacking player touches the ball, the 1st defender (pressure) positioned beside the goal sprints out to engage the attacking player. Simultaneously, the 2nd defender (cover) positioned on the side of the field must first touch the goal before providing cover thus creating a "1 vs 2" situation. Play continues until either a goal is scored by the attacking player or the ball leaves the field of play. If the defenders steal the ball, they must keep possession and attempt to dribble over the opposite end line to complete the turn. Repeat. Have players rotate either clockwise or counter clockwise in the lines.

Coaching Points - Apply immediate defensive pressure on the ball, force attacking player to go either left or right, proper "pressure distance" on the ball from the 1st defender, attempt to keep the ball in front of you, proper distance from the 2nd defender, good communication from the 2nd defender, help the 1st defender if he/she gets beat on the dribble, look to double the ball if the attacking player turns and faces his/her own goal.

"3 vs 3" Pressure, Cover, Balance



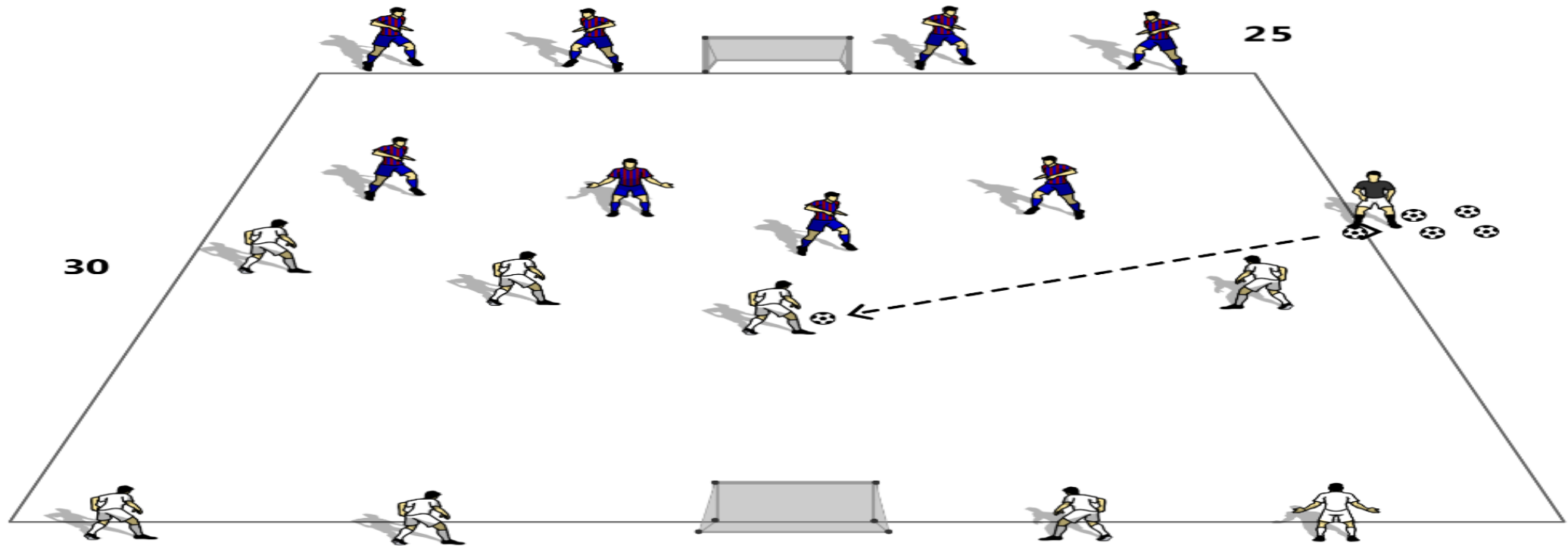
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3rd Activity - "3 vs 3" Pressure, Cover, Balance

Exercise - Using a slightly larger grid than the last activity (30x25), create three lines at each end of the grid with two goals on each end line. The coach starts the activity by playing a ball in from the sideline to either team. Once the ball is received, the team without the ball immediately approaches the team with the ball and positions themselves in the proper defensive position to defend the ball and goal (pressure, cover, balance). If the ball is played centrally, a "arrow head" position should be created. If it is played wide, a "hockey stick" position is created. Play continues until a goal is scored or the ball goes out of bounds.

Coaching points - Stay compact, don't let the ball be played "through you" as a group, keep the ball in front of you, defend the ball not the man

“4 vs 4 to Goal” – Pressure, Cover, Balance



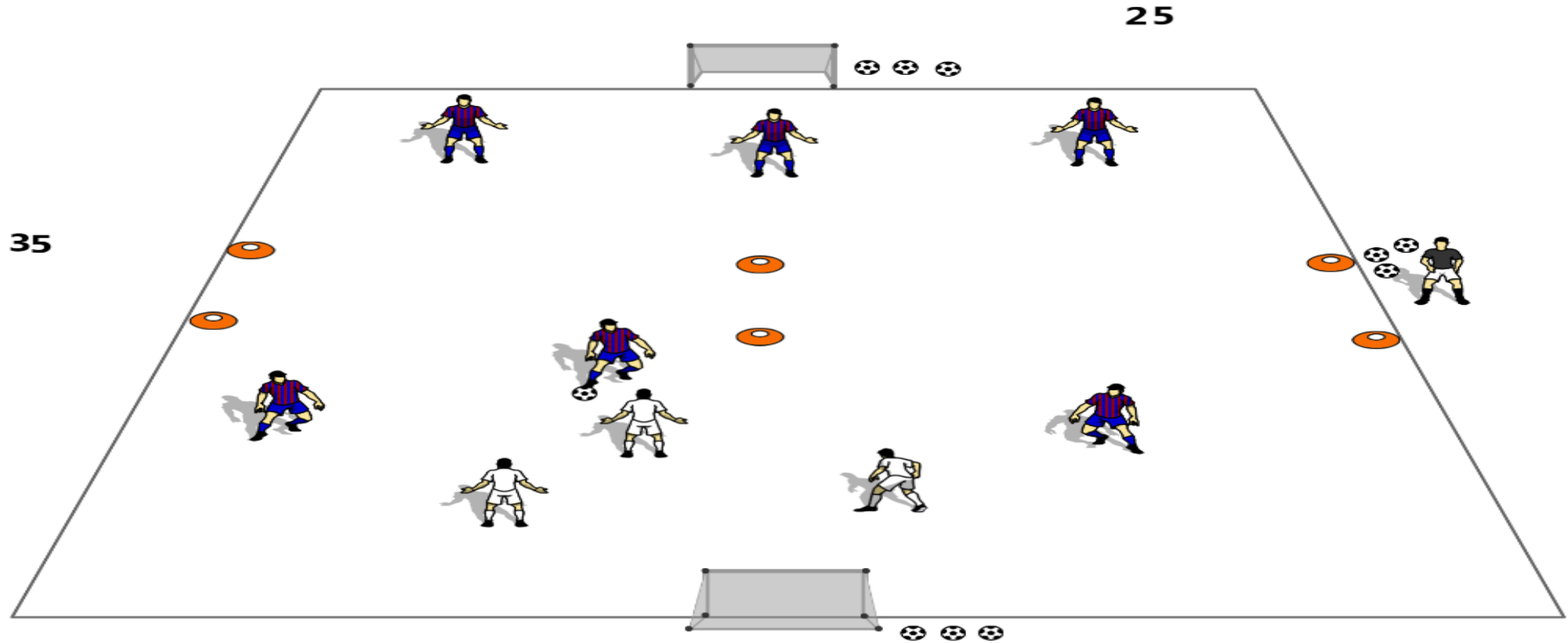
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4th Activity - "4 vs 4" Pressure, Cover, Balance

Exercise - Using the same size grid or slightly larger than the last activity, create four lines at each end of the grid with two goals on each end line. The coach starts the activity by playing a ball in from the sideline to either team. Once the ball is received, the team without the ball immediately approaches the team with the ball and positions themselves in the proper defensive position to defend the ball and goal (pressure, cover, balance). If the ball is played centrally, an "arrow head" position should be created. If it is played wide, a "hockey stick" position is created. Play continues until a goal is scored or the ball goes out of bounds. Most importantly, wherever the ball is, there should always be cover (2nd defender) at all times!

Coaching points - Stay compact, don't let the ball be played "through you" as a group, keep the ball in front of you, defend the ball not the man, communication between the group is vital.

"3 Team – Neutral Zone – Defending Game"



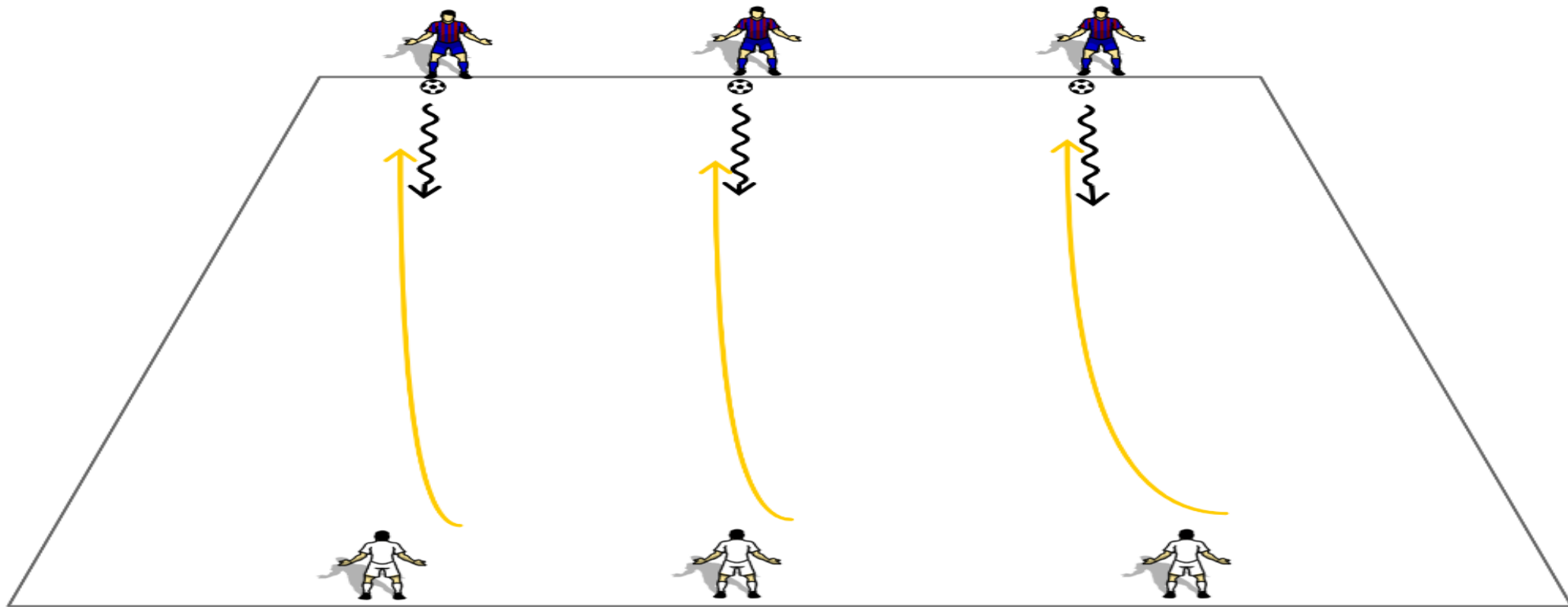
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"3 Team - Neutral Zone - Defending Game"

5th Activity - This is an exercise that I use both outdoors and indoors to teach larger group and team defending from a pressing perspective. The beauty behind this exercise is that it presents numerous "pictures" and "opportunities" to teach all aspects of individual and group defending. Start by dividing your team into three equal teams. The team with the ball attacks the defensive team who is waiting on one side of the field while the other team awaits for the "defending" team to win the ball from the attacking team and advance it into the "neutral zone" at half field. Once this occurs, they then attack the other team who was waiting for them to work the ball out of their end of the field successfully. Play continues back and forth continuously.

Coaching Points - Closest player to ball put pressure on the ball, stay compact as a group, keep play on one side of the field, when you win possession of the ball, transition into an attacking mind set and open the field up as much as possible.

Warm Up Activity – “1 v 1” Defending



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Warm Up - 1st Activity

Progression - 1. Start with no ball, have defender engaging attacking player in a defensive stance (shadow play) shuffle backwards back to the line. 2. Add a ball, have attacking player SLOWLY dribble at defender on a straight line. 3. Introduce a 'jab step', 4. Allow attacking player to zig zag back and forth. 5. "Live 1 v 1 play" across the field to the end line. Be sure to switch responsibilities, alternating turns between attacking and defending players.

Coaching Points: Have defender accelerate towards the ball then decelerate. Lower center of gravity/sideways on, maintain a safe "pressure distance" from the attacker/ball, Every so often throw a 'jab step' at attacking player, Contain the attacking player until you feel there is an opportunity to win the ball.