



1st and 2nd Def Roles / Responsibilities

Category: Functional: Defender
Difficulty: Moderate

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Individual-Adult Member

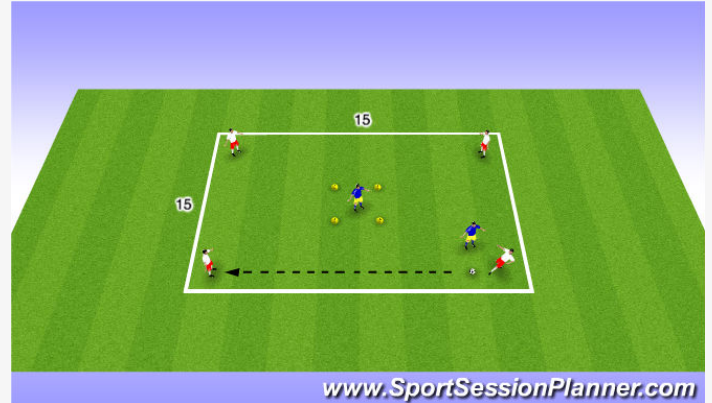
1st & 2nd Def Roles

Angles and Distance of Approach

4v2 in 15x15 yard box with smaller box inside. One defender must be in box at all times. First defender approaches ball and second defender is in box. Once the ball is played the second defender steps out to defend and become the first defender, and the first defender retreats to the box which marks the appropriate angle and distance of support.

Points:

1. Angle of approach to pressure ball
2. Speed of approach
3. Angle and Distance of support for 2nd def



Step or Drop?

Diamond shape playing 4v2

Defenders must decide when to step and when to drop to keep play predictable

Points:

1. Don't get split
2. Keep ball in front of you
3. Communicate visually and verbally



3v2 to Target

3v2 to target player.

Once blue hits the target player one of their players retreats and the white target player dribbles in to create a 3v2 in favor of white.

Points:

1. Step or drop
2. Angle of approach
3. Angle and Distance of 2nd defender
4. Deny penetrating pass



3v3+1 to goals

3v3+1 to two goals at each end

Points:

1. 1st defender angle of approach
2. Line of confrontation
3. 2nd and 3rd defender communication - angles and distance
4. Deny passing lanes

