

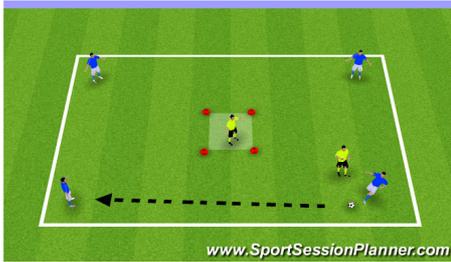


1st and 2nd Defender Roles

Category: Functional: Defender
Difficulty: Moderate

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Individual-Adult Member

Screen 1



Set up is a 10x10 yard box with a smaller 2x2 yard box inside (see diagram) Four attackers and two defenders.

Attackers stationed at the corners and pass the ball around to each other. One defender (first def) approaches the attacker with the ball and attempts to take one passing option away. The second defender is in the smaller box and can only leave once the pass has been made. The first defender drops back at an angle to the small box immediately.

Defenders cannot win the ball - they must learn to work together and be patient in dictating play

Coaching Points:

Angle of approach 1st defender
Angle and Distance of support for 2nd defender
Immediate drop
Communication

Screen 2



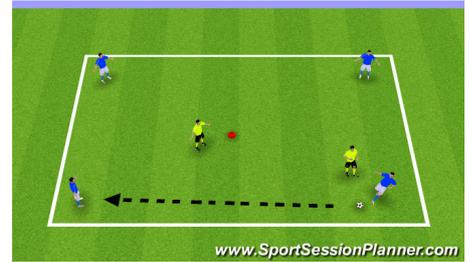
Set up same as before but the inside box is now 4x4 yards to allow the second defender to cheat a little in anticipation of the pass. Defenders can now win the ball.

Play for 2-3 minutes before switching the two defenders, and keep score of how many times each pair wins the ball or forced the attackers to lose it.

Coaching Points:

1st defender calls "Got Ball"
2nd defender communication
1st defender angle and speed of approach
When to attempt to win the ball

Screen 3



Set up same as before but now take away the smaller box and use a single cone in the middle of the 10x10 box. This cone is just a guide for the defenders to use as a means to recognize the angle and distance of support.

Coaching Points:

DO NOT GET SPLIT
High or Low pressure

Screen 4



Set up is a 10x10 diamond (15x15 depending on age and ability)

Attacking team tries to get the ball from A to B and vice versa. The defending team attempts to prevent that from happening by denying a split pass, and when players 1 and 2 receive the ball, the defenders drop to force play back to A.

Coaching Points:

Deny the split
Work together (Visual and Verbal communication)
1st defender "got ball"

Screen 5



Set up same as before but now the defenders responsibility is to prevent a coach-designated player from receiving the ball. Coach calls out player 1, and the attackers have to find that player and the defenders have to prevent it. Don't allow defenders to stay in front of assigned player to prevent pass.

Try a 20-30 second window where the coach calls out two players next to each other like A and 2 or 1 and B. See how the defenders react to it.

Coaching Points:

Same as before but decision to drop or step is now critical