



# Defending Principles

**Category:** Tactical: Defensive principles  
**Difficulty:** Moderate

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## Description

Teaches players how to defend with the correct body position and when to make the decision to tackle the ball.

## Technical warm-up (10 mins)

Players come in and start playing small games.

P1= Dynamic warm-up

P2= Player dribbles the ball outside inside with both foot and the defender back peddle right and left depending on the side the ball is being dribbled.

Player dribbles the ball, and the defender keeps holding the back of his shirt making him pull it while dribbling.

Player dribble with the defender on his shoulder pressuring him to go outside but it must be gentle.

CP: Sideways defending body position.

Look at the player and at the ball.

**Defending Technique Saying** - Fast - Slow - Sideways - Low



## Technical Passing (10 mins)

### THE SESSION:

- Passing the ball to each other using only two touches and pressing it and dropping with eyes on the ball..
- Passing and receiving with inside of the foot, still using two touches and pressing it and dropping with eyes on the ball..

### PROGRESSIONS:

- Passing the ball and moving to the lateral cone.
- Passing the ball and following the pass forward and dropping backward.

### Coaching Points:

Good first touch.

Always look at the partner before you pass the ball.

Move after you pass.



## Small-sided activity (10 mins)

### Small-sided activity

2v2 using principle of defending

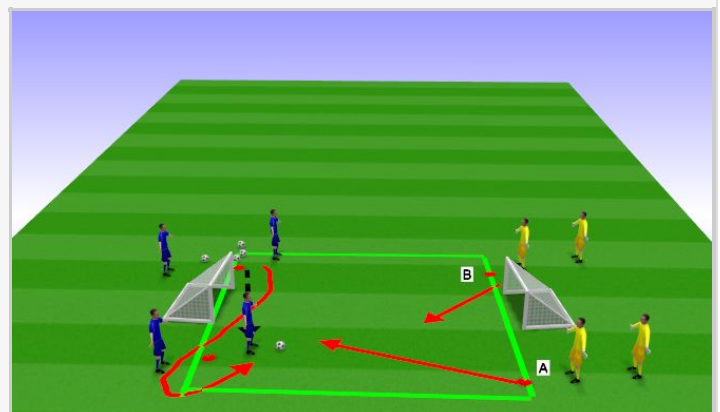
Player A pressures the ball and B goes behind to Cover the space  
Looking for defending position on both players.

Players must trap the attacker to go outside.

Player A must drop as a cover as soon as he gets bit and B get into the pressure.

Good Communication

Intensity in the attack as soon the ball is recovered to create a counter attack.



## Expanded small-sided activity (10 mins)

### Expanded small-sided activity

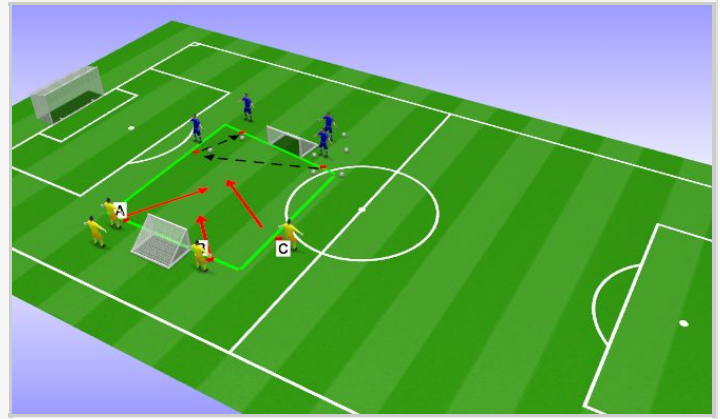
3v3 still working on the defending principles.

Player A pressure the ball, B will be cover and C will be the balance

C: Channel the attacker to go outside.

Eliminate or add 1 player to make a superior number.

Communication



## Final Game (20 mins)

### Final Free Game

6v6 or 8v8 + goalies

CP: Pressure, Cover, and balance.

Body position to get the attacker to choose a side.

Fast recover.

Communication

