



# Academy Defending 1

**Category:** Technical: Defensive skills

**Difficulty:** Beginner

Am-Club: Omaha FC  
Matt Bragg, Omaha, United States of America

## Technical (5 mins)

Unopposed initially to set correct body position when pressing the attacker.

Blue player serves into red player who then dribbles with the ball to try and score into the cones at the other end.

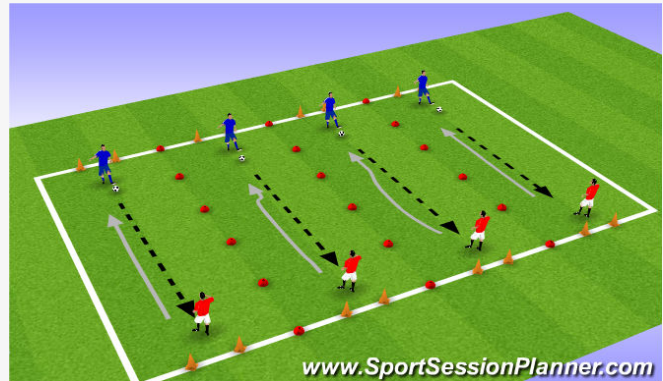
Blue player, after playing the pass becomes the defender and presses the attacker.

### Coaching factors:

The defenders movement towards the player should be quick to close the attacker down

Body shape should be down low and sideways on to deflect play away from danger

At arms length from the attacker.



## Skill (10 mins)

Continue with same set up, however now play is opposed and the defender can now try to make a tackle

Transfer skills used in technical practice into an opposed session

### Coaching factors:

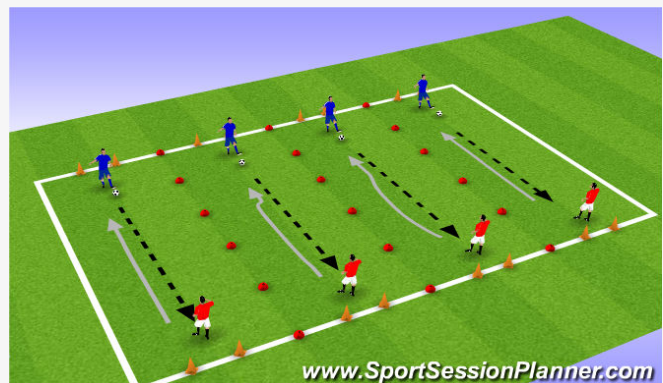
The defenders movement towards the player should be quick to close the attacker down

Delay the attacker from getting close to your goal

Body shape should be down low and sideways on to deflect play away from danger

At arms length from the attacker.

Make a challenge and win the ball



## Skill Progression (10 mins)

Move to 2v2, then 3v3

### Coaching factors:

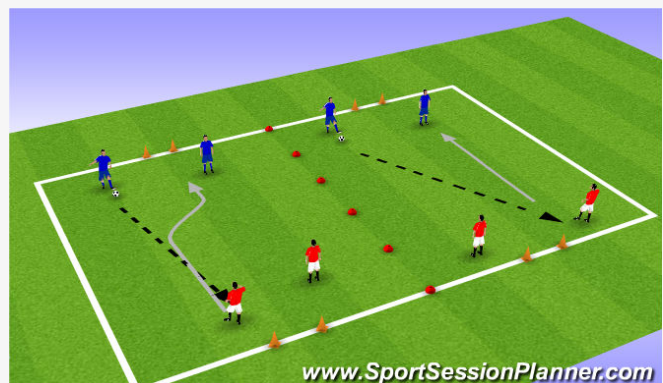
Reinforce previous technical factors

Defenders work together when defending

Player closest to the ball presses and team mate covers in behind

Lots of communication between defenders

When moving to 3v3, nearest player to the ball presses, next defender covers and then the third player cuts off the danger



## SSG (25 mins)

Small sided game  
Play regulation rules for game realism  
Pick out coaching factors during game situation

