



# Defensive shape drill for a low block



## Purpose

The purpose of this soccer drill is to help teams remain compact and hard to break down when defending deeper and in their half.

## Set up

- Full-field/ Half-field (depending on your team's ages/ numbers for the drill)
- 1 soccer ball
- 2 goals

**Advanced**

## How it works

This will be a regular scrimmage however with a greater focus on the defending team shape when they are out of possession.

To help encourage this you can provide the defending team with this scenario:

'The defending is 1-0 up in a cup final with 5 minutes left to play

By giving them this situation teams will have to adapt depending on the scoreline.

If the defending team can win the ball back encourage them to retain possession or relieve pressure by playing the ball long, allowing them to move up the field.

They can also try to catch opposition team on a counter-attack to score a goal

## Coaching points

- Force the attacking team into the wide areas and back towards their own goal
- Remain disciplined in your position. Know when to press and when to drop off
- Communicate with your teammates, especially when the opposition tries to switch the point of attack

## Questions

- Where should you try to show the defenders?
- How can you stay organized as a team?
- What can you do that will help your team work better together?