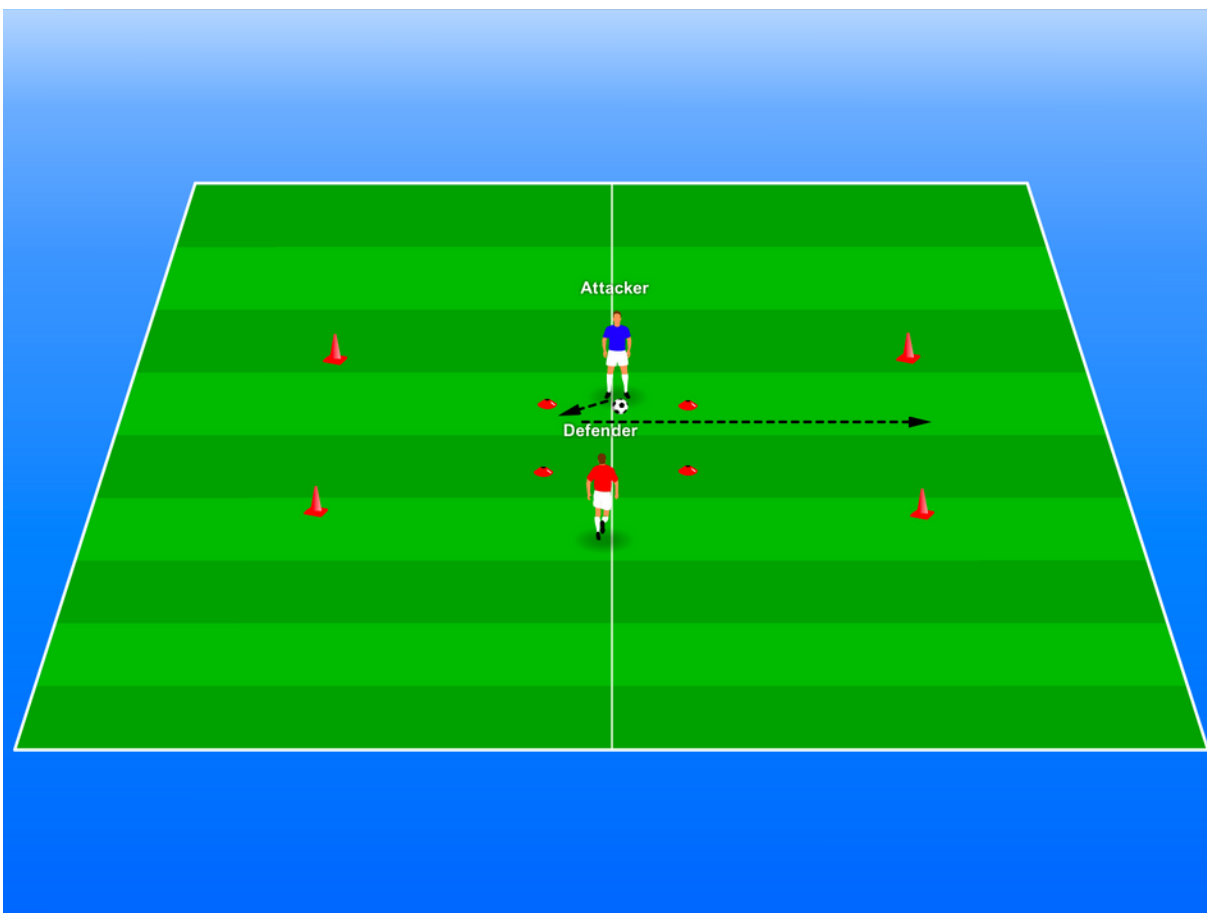


Defending Drill To Improve Player Strength



How it works

Both players will start in their respective space between the 2 smaller cones.

The goal for the attacker is to try and dribble through the gates made up of the large cones for 1 point

While in their space with the ball the attacker change directions and speed, however once they gone past the small cones they have to go to the gate on that side of the area.

If the defenders can stop the attacker dribbling through the gate they will get 1 point, however if they can steal the ball and dribble through the opposite gate they will get 3 points.

Coaching points

- The defender must be light on their feet to adjust to where the attacker going
- The defender should use their legs and hips, followed by the shoulder to ease the defender off the ball
- If the defender wins the ball they should turn away from the attacker using the opposite foot to the shoulder

Purpose

The purpose of this drill is to help players learn how to use their body to protect the ball or ease an opposition off the ball

Set up

- 1 soccer ball per pair
- 4 tall cones
- 4 small cones
- An attacker and defender

Intermediate

Questions

- How can you quickly adjust to the attackers movements
- How should you ease the attacker off the ball?
- If you win the ball, how can you quickly turn to face the opposite direction?