

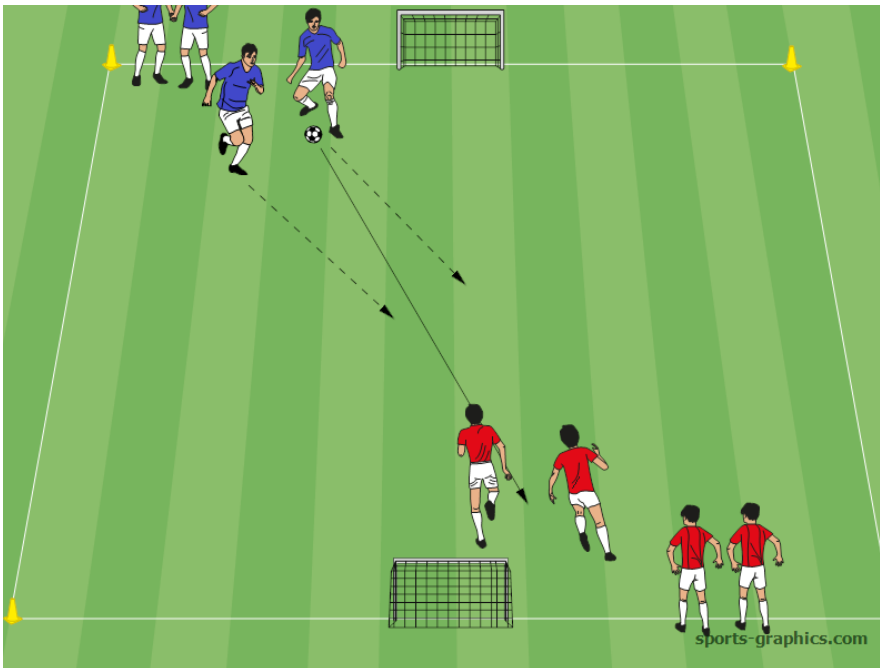
DEFENDING IN A 2v2

Develop defending principles in a skill related practice

TACTICAL

Defending

Defending as a Unit



Set up a 25x25 playing area with a small goal at each end.

Size of playing area can be adjusted if necessary.

Players are divided into two teams, each team with a goal to defend.

Two players from each team start, with one of the players passing the ball into the opposition.

The players who receive the ball are now the attackers, and the players who passed the ball are the defenders making a 2v2 situation.

The defenders (blue) must stop the attackers (red) from scoring in the small goal.

If the defenders win the ball, they can attack the goal opposite.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Basic defending as a unit.
- Forcing play to make play predictable.
- How and when to win the ball.
- To defend as a unit when in balance.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Counter quickly
- Light on the feet
- Make play predictable
- Nearest man to close ball quickly
- Patience
- Stay compact as a unit
- Win the ball if possible

FOCUS AREAS

- Always cover the attacking player.
- Assist with angle of approach, balanced position - sideways accounting for ball, man and position of the goal. Demonstrate how to force the attacker one way.
- Balanced, controlled 1v1 defending skills.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Body shape must force the attacker to go inside or outside dependant on the second defender to make play predictable and to allow good covering position behind. The second defender must continuously communicate.
- Communication - coaching one another.
- Deciding quickly which player takes responsibility for opponent.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Quick transitioning to counter attack.
- Role of pressing player.

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