

Pressure / Cover Defending



The Game

- 2 v. 2, with goals marked out in the corner of the grid.
- Have a regular game with periods of about 2 - 3 minutes in duration.
- Have plenty of extra balls ready to keep the game flowing

Coaching Points

Defending principles of play

- Pressure on the ball, do not let the **first attacker's** head to come up
- **Second defender** must cover the goal as well as be aware of the **second attacker**
- **First defender** tries to channel the attacker into the sideline and away from the **second attacker**. (This is easier to do since the goals are in the corners of the grid, the sidelines come up quicker.)
- When **first defender** has made the play predictable, **second defender** tries to double team.
- Make sure the defenders stay balanced, that they do not become too spread out, enabling the attacking team to make "splitting passes".
- As soon as the ball is won, can they shoot? This is the best time to do so because the attacking team is not in a good defending posture.