



Individual defending exercise used to teach defense when a player is running at you with the ball. Player A serves a ball to Player B and then defends the big goal with a goalkeeper. Player B tries to score on the big goal. If player A wins the ball he or she tries to score on the small goal. Keep coaching points: Player A should pressure the ball but not dive in unless to win it. Player A must focus totally on the ball and not the feinting movements of player B. Player A should guide the attack away from the goal if possible by using a low center of gravity and a shuffle step. Coach the timing of the tackle and how Player A (the defender) evaluates each touch by Player B.

The Best way of organizing this exercise is to create 2 teams. Team A and Team B. After the first player from each team goes the next goes and etc. (Best with 5 or 6 players max. on each team) Keep score and have each team defend twice and attack twice.