



In this defensive training game. The field size is 30yds long by 20 yds wide (use the width of the goal box and the actual goal area. Defender A is playing against Attacker B who is positioned back to goal. Player C passes the ball to teammate B. Defender A prevents B from turning and facing up. B is trying to score on the big goal covered by a goalkeeper and A is trying to score on the small goal. Player C only acts as server to B. After A & B go, C will play against D and then F will play against E. Each team goes through twice as attacking and defending teams. Remember, you are training a defender to play against a player with back to goal. The key points are: don't allow the player to receive the ball if possible. If the ball is received, don't allow the player to turn. The role of the first defender is to pressurize and contain. However, if the attacking player does face up, then make sure not to dive in unless a tackle can be made. The defender must focus on the ball and keep a low center of gravity with the feet moving. Use the shuffle step unless the attacker knocks the ball into space. Finally, funnel the attacker into covering players (not available in this 1 v 1 exercise) or into a poor shooting angle.