



In this defensive exercise. Defender I is like a covering midfielder. The Coach K, plays a ball to attacker E. Defender I is in a cover position for the ball. As the ball is passed to E, he steps forward and puts pressure on the ball. Defender I must be careful not to go too hard and be beaten by the first touch of attacker E or lay off too far and allow attacker E to go at him. As defender I approaches attacker E, he must decelerate, lower his center of gravity and focus on the ball. Notice there is a goalkeeper in the big goal and the counterattack goal is the flag goal. The size of the field is 20yd by 30yds and both teams should defend and attack twice.