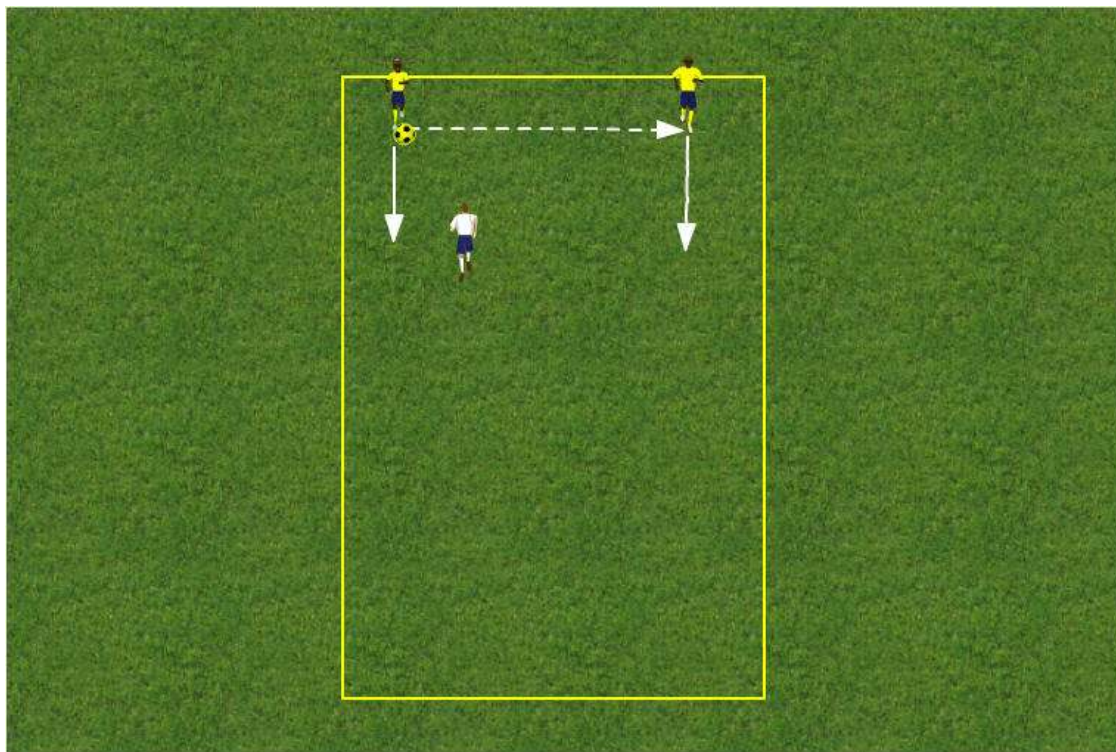


## A PRACTICE TO IMPROVE THE TECHNIQUE OF DEFEND AND DELAY

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

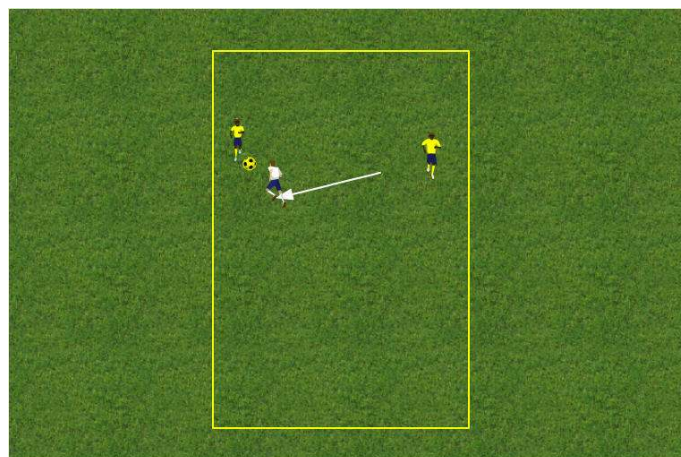
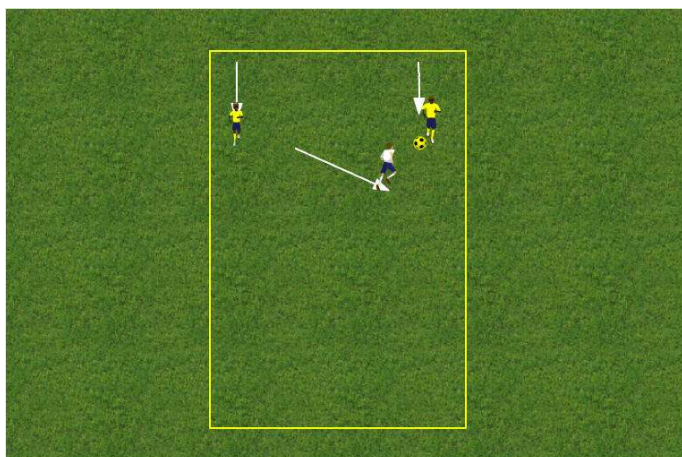
Mark out an area of 25 x 6 - 8 yards. The size of the area can be adjusted to suit the age and ability of the players. The structure of the practice is 2 attackers about 6 yards apart, with a ball between them, who should pass the ball between themselves and try and get the ball over the far line under control. There is one defender. The defender must shuffle quickly across to the player receiving the ball and try and force the attacker outside and wide to try and delay and slow the attacker down. The attackers should be instructed to initially be slightly passive so that the defenders technique of how to delay attacks can be fully understood.

### KEY TECHNICAL ASPECTS

\*Defender to be on their toes, sharp and alert \* If the opportunity presents itself to win or intercept the ball, the defender will need to make a decision on whether to take the chance  
 \*Whilst attackers are a long way from the end target line, the defender should back off and be in a position to cover any ball that is played past them \*The defender should adopt a body position that forces the defender down the line and makes it difficult to pass into the space behind them \*The defender needs to recover goal side of the attackers \*This will require a quick, sideways crab like movement, always looking at the ball \*As the attackers get closer to the end line, the defender will need to get tighter and try and win or intercept the ball if they can.

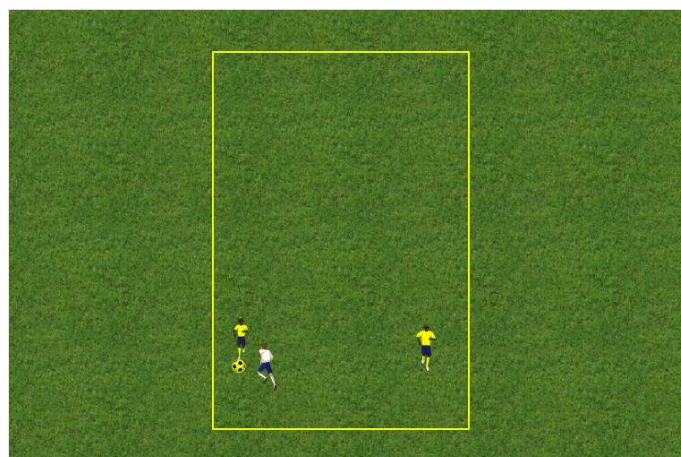
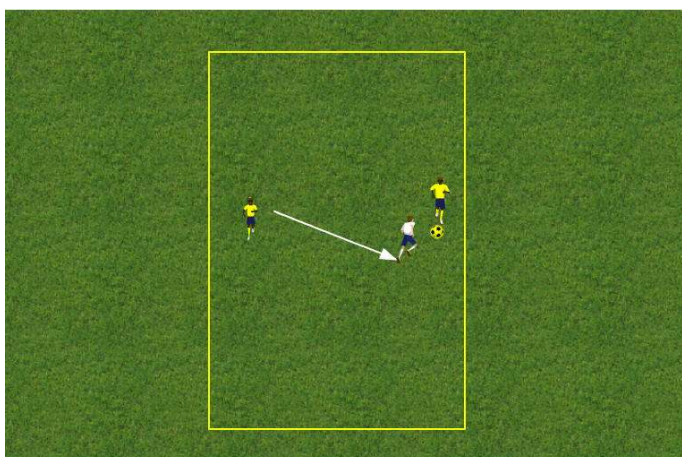
**Progression # 1** – The defender must shuffle between the attackers and try and force the attacker away from goal and delay and slow the attack down. At first, because the attackers are 25 yards away from the target end line, the defender doesn't have to get too tight to the attackers. It is important that the defender adopts a body position that forces the attacker outside and makes it difficult for them to pass back to their attacking team mate

**Progression # 2** – The objective for the defender is to adopt good lines of recovery and good body angles to delay and slow the attackers down.



**Progression # 3** – As the ball is transferred across again, the defenders line of recovery becomes important. They should recover goal side of the ball, again trying to force the attacker outside

**Progression # 4** – As the attackers get closer to the end line, the defender should look to get tighter and to look to win or intercept the ball if they can



## **PROGRESSIONS**

Encourage attackers to play at a faster pace and with more realism \*Position a small goal at the end line of the area, so the attackers have a focus to score into and the defender has something to defend \*Play three or four attackers V two defenders \*Progress the practice to a skill.

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.