

## Practice 3: Iron Curtain Defense

### Practice Activities

Dribbling and Ball Control at your feet is another key skill. The ability to dribble well allows you to find open space to pass or shoot.

1. Warm ups / Coerver Touches [ 15 min ]
2. Agility Runs [ 24 min ]
3. Defensive Drills [ 18 min ]
4. Game Situational Drills [ 15 min ]
5. Small Sided Game [ 15 min ]

### Captain Led Warm ups / Coerver Touches (10 min)

#### Warmups

1. Jog to the 18 yard line and back twice with your ball (inside cut first time, outside cut the second),
2. Side-Step to 18 yd line and back twice,
3. Butt Kickers to the 18 yd line and back twice,
4. Jog Backwards to the 18 yd line and back twice.

#### Touches

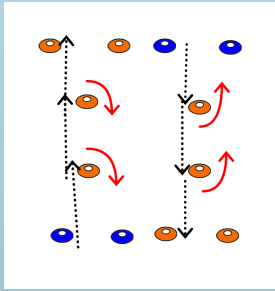
1. Toe-Touches (20 count alternating feet).
2. Pull back and Push Forward (10 each foot).
3. Side to Side or Pendulums (20 count).
4. Triangles (10 each foot).
5. Pullback-Behind (20 count).

# 1 Agility Runs

Agility Runs ( ) (10 min) Defenders and forwards needs to be agile, stop and go hard, these exercises will work on speed and agility.

**Time: 6 minutes**

## De-Acceleration Shuddle



**Drill Description:** This is an agility drill to practice both acceleration and de-acceleration.

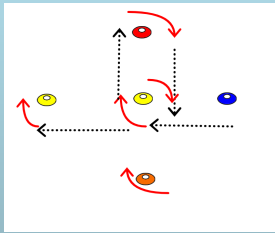
1. Players start at blue gate, sprint to the left hand side of the orange cone,
2. Shuttle around the cone using at least 6 quick toe taps.
3. Then accelerate to the left of the next orange cone and shuttle around the cone.
4. They finish with a full sprint through the orange gate.
5. Return on the right set however the approach is to the right hand side of the cone.
6. Repeat each set 4 times.

### Coaching Points:

- Focus on quickly getting to speed then slowing down.
- Focus on using small quicks touches around the cone, keeping it tight.
- Stay low and use your bend legs to explode away,
- Then compress them to slow down.
- Finish strong by sprinting right through the last gate, jogging back to the next blue gate.

**Time: 6 minutes**

## Cross-Hairs

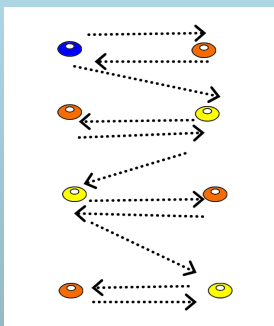


**Drill Description:**

1. Players start at blue cone and race to the center cone turn right and race around the outer cones and always returning to the center cone.
2. Finish by accelerating past the blue cone.

**Time: 6 minutes**

## Lateral Shuddle



**Drill Description:** This agility drill works on lateral shuffling a critical skill for defenders.

1. Players start at blue gate facing the line of 3 cones ahead of him,
2. They shuttle side-ways to the orange cone, touch it with a finger then shuttle back to the blue cone touching it.
3. Shuttle to diagonally to the yellow cone then to the orange cone, touching it, and back then to the yellow cone touching it, then shuttle diagonally to the next yellow cone.
4. Keep repeating until the end.

## 2 Drills

**Time: 6 minutes** Requires 5-10 cones per pair of players.

### Frogger

#### Drill Description:

1. 4 1x1 yard boxes are setup.
2. 1 Player is on the outside of the long edge.
3. 1 player is inside the boxes.
4. The outside player is trying to cross through a box before the inside player can get his foot planted inside box.
5. Players switch roles often and rotate the players.

#### Coaching Points:

- Player inside the box is the defender and using a lateral move to block the other player.
- Both players should be on their toes all the time to increase reaction time.

**Time: 5 minutes** Requires 4 cones per pair of players.

### Back-Petal

Instruct how to move backward and apply pressure.

#### Goal for the Drill:

For the Defender to learn how to effectively back-petal to keep pressure on the attacker but not allow him to pass the defender.

#### How:

Create a 10 yard box. The attacker starts at one box edge and dribbles out the other box edge, but tries to get past the defender. The attacker can't dribble out the sides of the box.

The defender back petals trying to keep the attacker in front of him and not letting him get past him. The defender should try to force the attacker to the edges of the box.

The defender does not try to steal or block the ball - focus on the attacker.

Switch roles, then rotate around. So players can be attackers and defenders against the other players.

#### Coaching Points:

- Staggered stance with toes at a 45 degree angle.
- Bent knees with weight on the balls of the feet.
- Chest leaning over the toes.
- Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- Ability to shuffle quickly.
- Shuffle backward angling your body to force them one direction or the other. This simulates pushing them away from center of the field (away from our the goal).

**Time: 10 minutes** Uses same setup as previous drill.

### Box Defending

Create a 10 yard box. The defender (D1) starts within the box, and a second player the attacker (A1) attempts to dribble past the defender to the other side of the box.

If A1 dribbles the ball out the far end - he wins and the defender stays in the box and tries to defend the next attacker.

If D1 is able to take control or kick the ball out of the sides of the box - he wins. Then A1 becomes the defender and D1 goes to the back of Attacking Line.

Once a player wins the next attacker tries to get through. This makes the defender transition quickly.

**When defending 1v1's in soccer it is very important to focus on the following key elements:**

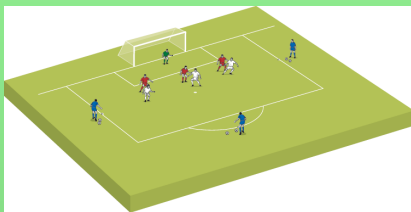
- Staggered stance with toes at a 45 degree angle.

- Bent knees with weight on the balls of the feet.
  - Chest leaning over the toes.
  - Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
  - Ability to shuffle quickly.
  - Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards
  - Remember that the player closest to the attacker should be the player pressuring the ball. Players should sprint to close down space as quickly as they can, then when they get 5 yards from the attacker they should slow down and take steps backwards to match the pace of the attacker. During this time, the defender should slowly close down the space between the attacker and defender. Often proper pressure will cause the attacker to lose the ball.
- One way to have players recall the proper way to defend is by the term “Quick, Slow, Sideways, Low”.

### 3 Game Situational Practice

Time: 15 minutes

#### Secure the Box



**Drill Description:** This drill is ideally played with 9 players, with 3 players per team. With unbalanced numbers a 4th attacker could be added to create a 4v3 situation to make it harder on the defense (since this is a defensive drill).

1. The defending team must man mark, with each player picking up an attacker.
2. The players on the edge of the area have two balls each to pass to the attackers.
3. The serving players must pass into an attacker who is open (un-marked).

#### Coaching Points:

- Explain marking a player is to remain within 2 or 3 feet of the attackign player.
- Explain how to mark a player goal side (defender between the attacker and goal).
- Explain how to mark a player ball side (defender between the attacker and the ball).
- Explain how to mark a player both goal side and ball side - defender marks the attacker goal side but is a few feet (steps) closer to the ball than the attacker.
- Attackers try to lose their marks. Defenders stay marking the attacker.
- Defenders should communicate if they want to defend a zone or a man. Explain to them how this can work.
- If zone defense is too difficult at this stage force them to play man coverage - always marking the same attacker.

### 4 Game Time

Time: 15 minutes

#### Small Sided Game

#### Recap Positioning from P1

### 5 Close

NO SPRINTS!!!!