

Defending Principles

Possession of the ball is essential in order to score goals. The main object of defensive play is to regain possession of the ball when it is lost. This segment reviews some common defensive techniques.

BASIC POINTS COVERED:

1. Chase opponent and pressure him.
2. Cover the goal on both sides.
3. Try to outnumber the attacking players.
4. Follow interchanging opponents within the danger areas.
5. Be prepared to intercept passes and tackle at the moment the attacking player receives the ball.
6. Force opponents away from the goal and tackle when they try to dodge past you.

TRAINING EXERCISES:

1. This is a warm-up exercise using five players on each side plus a goalkeeper for each team. Each team occupies one half of the field. Alternately, the players pass a high lofted ball to a teammate across the field. The player that receives the pass heads the ball either to another player or shoots for a goal.
2. Three offensive players and four defenders take the field practicing to turn defensive plays quickly into attacking moves.
3. One offensive player works with one defensive player to practice the sliding tackle.
4. Using five offensive players, five defensive players and two goalkeepers, the defense practices covering the goal from both sides initiating an attack on the offensive team.
5. The offensive players challenge the defensive players by constantly interchanging positions.
6. Defending skills are practiced in a real game situation.