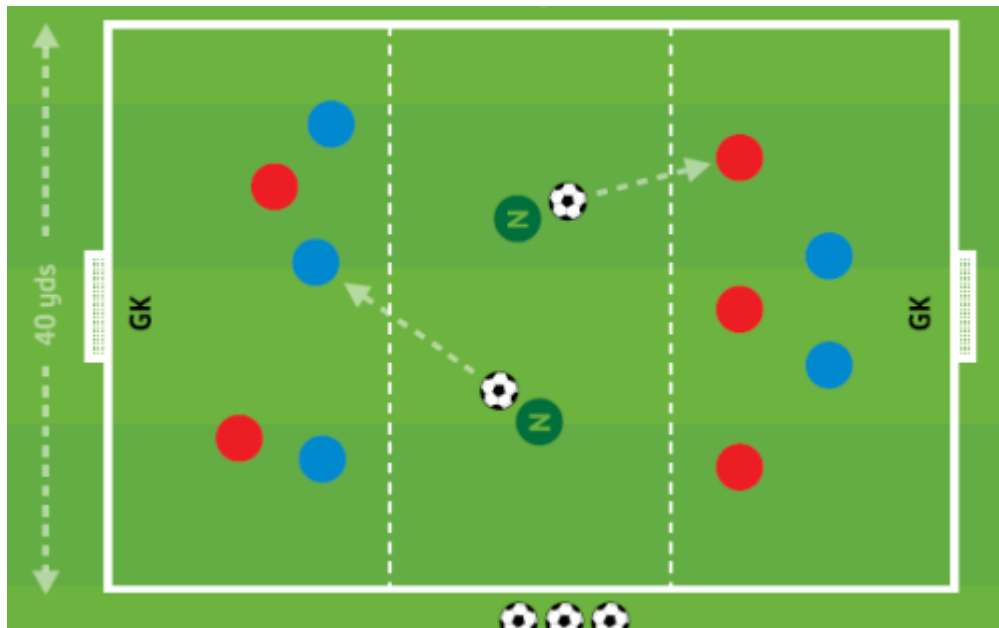


## Defending when out numbered



### Key Coaching Points

- Blocking shots.
- Pressing man on ball and employing delaying tactics to avert attack.
- Marking and covering.
- Winning ball and quickly playing forward to a neutral player.

### Practice organisation

- Area 60x40yds set-out in equal thirds with goals at each end, as illustrated.
- 14 players (including 2 goalkeepers), with defenders out numbered 2v3 in each end third.
- Practice starts with: neutral players in mid third, serve ball into attackers and support play from behind, without entering end third.

- Objective of practice: defenders play out-numbered to prevent attackers from scoring, gain possession and pass in to neutral players, to score one point.

- Rotate roles of players.

### **Detail**

- Distance between 2 defenders when being attacked by three opponents.

- Communication, changing roles and working with goalkeeper as sweeper.

- Deflecting attacks away from central goal-scoring areas.

- Balanced, controlled 1v1 defending skills.

- Defenders identifying opportunity to pass or run with ball on gaining possession.

- Simple progressions for this practice are:

- Neutral player serves and moves into end zone to become an attacker i.e. 2 defenders v 4 attackers.

- Neutral player serves and moves forward and other recovers to defend i.e. 3 defenders v 4 attackers.