



## 2018 Rec Academy Week 3: Defending the player with the ball

Category: Functional: Defender  
Difficulty: Beginner

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Individual-Adult Member

### 2 v 1 or 3 v 1 Rondo (Keep Away)

Attackers try to get 10 passes for a point.

Defender tries to win the ball and dribble out of square for a point.

Rotate defenders:

-every minute

-every time the ball is dribbled out (player who lost ball switches to defender)

Time: 16 minutes (3 min: 1 min x 4)

Field size: 10x 10 yrs (Bigger is harder for defender and smaller easier)

Coaching Points:

-defensive position (side on, on toes, feet moving, balanced at all times)

-Pressure the ball to force mistakes

-The closer the harder for the attacker (less passing angles)

-Cut the passing lanes to the other attackers



### 1 v 1

Field size: 12 x 10 yards

Time: 3 min : 1 min x 4 = 16 min

Game:

Attacker dribbles in with ball and tries to dribble through dribble gate for 1 pt.

Defender tries to stop goal for 1 pt, and then score in opposite goal for another point.

When ball goes out, next two in line play.

Switch lines after each round.

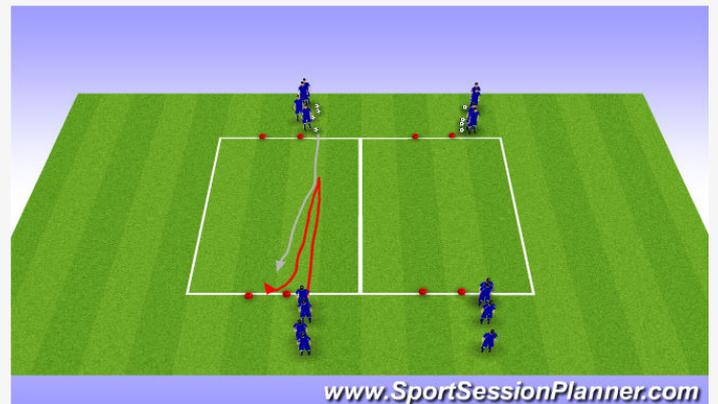
Pts:

-Above

-position between goal and ball

- stay patient and balanced until attacker makes a mistake

- Win ball and quickly get away to goal



### 2 v 2

Field Size: 20x 15 yds

Time: 3 min : 1 min x 4 = 16 min

Navy attacks lights goal 2 v 2

lights score in other goal if they win the ball.

new groups with new ball when ball goes out.

go back to same line and then switch attackers and defenders each round.

Coaching Points:

-Above

-Pressure is 1st defender (pressures ball to force error)

- 2nd defender covers (steps to become 1st defender if beat)

- 1st defender recovers to 2nd defender if beat (goal side)



## Scrimmage

Field size: 35 x 25 yds

Time: 6 min:2 min x 2 = 14 min

Game:

Scrimmage

Coaching points:

-defending mentality in different parts of the field (risk vs reward)

