



Dimensions: 30 x 30 Yard Square, two Defenders, everyone else dribbles with a ball.

How to: Defenders work in pairs to try and kick all of the balls out of the area. Players who get their ball kicked out must perform an easy forfeit, for example 10 toe taps, then they are allowed back into the area. The purpose of this drill is to teach players how to work together to win the ball back. Do not over penalize other players for poor control, that isn't the focus of this exercise. Play for a chosen time frame then switch the defenders out. Defenders should keep a note of how many balls they were able to win. This can be then turned into a competition.

Coaching Points: Try not to win the same ball at the same time. Over committing can leave you vulnerable somewhere else.

One person should look to press the player on the ball, the other player should provide depth so that if the player does get round the first defender, the 2nd defender can win the ball. Communicate with each other, decide who is going to press the ball and who will provide cover. If the first defender gets beaten the 2nd defender must now press the ball and the first defender must recover and provide depth. If roles reverse players need to communicate this.

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