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Dimensions: Create a line of cones across the field 20 yards from goal; the first defender must start to the side in line with these cones. A second defender must start by the goal post with a supply of soccer balls. An attacker starts by a cone 30 to 35 yards from goal. Include One goalkeeper.

How to: The second defender passes or throws the ball into play to the attacker and moves onto the field. The first defender can move towards the attacker too. The attacker is attempting to score a goal but the attacker cannot shoot until they have passed the coned line. The first defender must close down the attacker as quickly as possible to deny an early shooting chance and delay the attacker. The second defender provides depth by covering space in behind the first defender to be ready to win the ball back if an opportunity presents itself. Once play has concluded each player must rotate anti clockwise.

Coaching Points: Delay the attack. The first defender must get out to the player quickly and deny space. Do not over commit as you will expose your second defender and have to recover quickly.

The second defender must provide depth and read the play. Close space around the goal that the attacker may want to move into, be ready to move and take the ball when needed. Communicate clearly.



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