

Pardaan

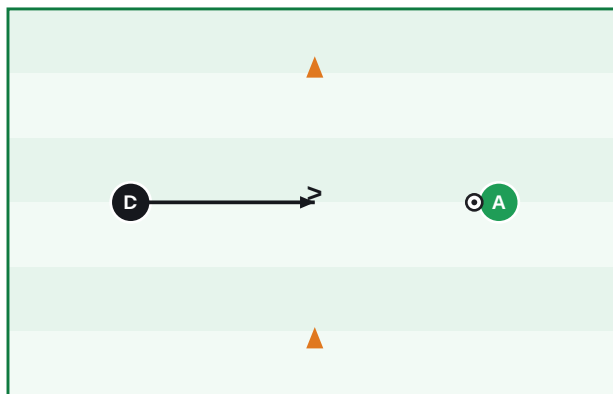
Defending Drills Sheet

Individual and small-unit defending practices.

Good defending is about attitude first and technique second. These practices teach players to press with the right timing and angle, to defend a 1v1 without diving in, and to cover and balance as a unit. Coach the details - body shape, distance, patience - and reward players who win the ball cleanly rather than those who simply kick it away.

● Attackers / players ● Defenders ▲ Cone ○ Ball - - -> Pass → Run ~ Dribble

Pressing angles



Set-up: A 12x10 m grid with a gate at each side. Attacker with the ball, a defender closing down.

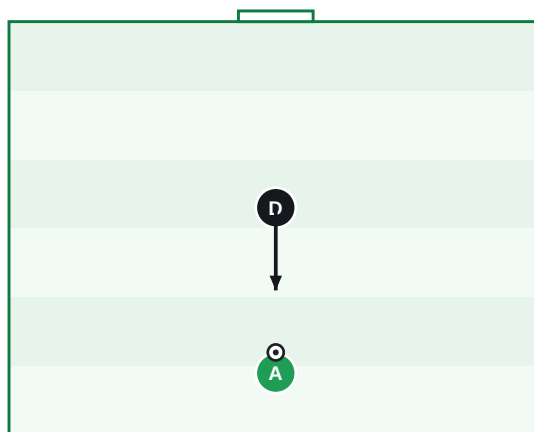
How it works: The defender presses but curves the run to 'show' the attacker into one side, then works to win it. Attacker tries to reach either gate.

Coaching points

- Close the space quickly, then slow down in the last few steps.
- Approach on an angle to force the attacker one way (usually onto their weaker foot).
- Stay on your toes, side-on, ready to react - do not commit early.

Progression: Make one gate worth more, so the defender must protect it.

1v1 defending



Set-up: A 10x8 m channel with a goal to defend. Attacker on the ball, defender between attacker and goal.

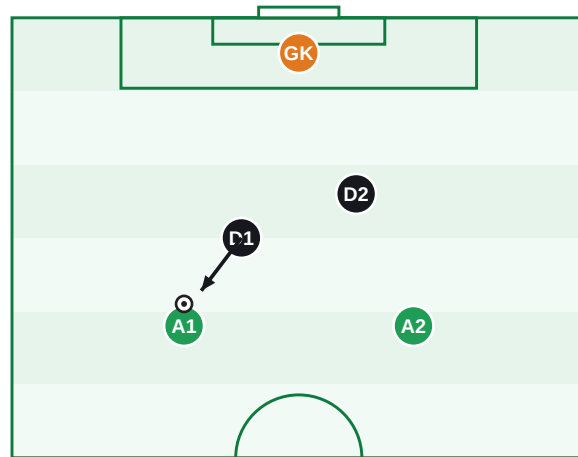
How it works: The defender delays, jockeys and wins the ball on the attacker's heavy touch. Reset and swap regularly.

Coaching points

- Get goal-side and side-on; show the attacker away from goal.
- Jockey at arm's length - close enough to tackle, far enough to react.
- Be patient: win it on their bad touch, do not dive in.

Progression: Add a time limit so the defender must force the issue.

2v2 cover and balance



One presses, one covers behind.

Set-up: Two attackers versus two defenders on a half-size pitch with a keeper.

How it works: One defender presses the ball, the other covers and stays 'balanced' behind. Swap roles as the ball moves.

Coaching points

- Pressing defender: force play one way. Covering defender: protect the space behind.
- Communicate constantly - 'I've got ball, you cover'.
- Slide across together as the ball switches; never both dive in.

Progression: Progress to 3v3 to add the idea of the third defender and the back line.