

# Basic Defending Practices

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## Practice 1

### Organisation

- Area 10 yards x 15 yards
- 1 v 1
- End lines as 'targets'
- D plays ball into A
- D defends on A's first touch
- Coaching Points
  - On Attacker's first touch, defender closes down - Pressure
  - Angle of approach
  - Body shape - to find player one way
  - If can 'spoil' attack - timing of challenge

2 v 2 - Coaching points as above.

## Practice 2

To encourage defenders to pass the ball quickly and work as a unit

### Organisation

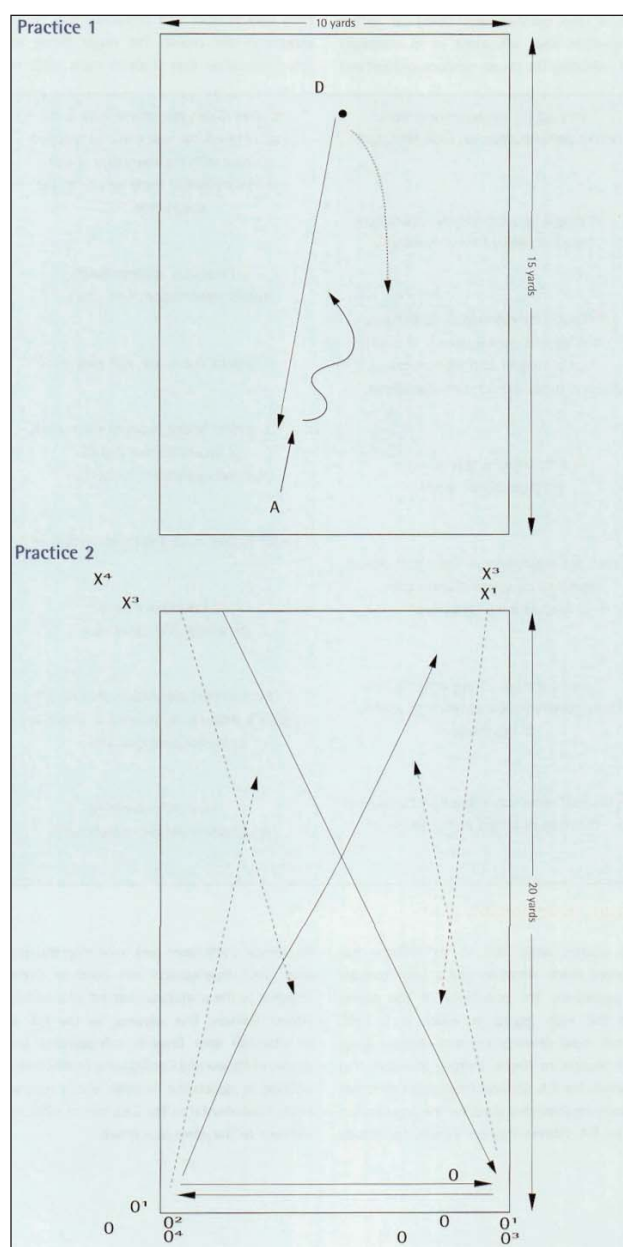
- Area: 10 yards x 20 yards
- X2 plays ball to O1
- X2 and X' become defenders
- Os play ball across line - 5/6 time - then play across to X4/X3. Os then defend.
- No tackling in session.
- Continuous rotation of defenders and attackers

### Coaching points

- Angle of approach
- Body shape
- Pressure/Cover/Support
- Distance.

### Progression

- When the ball is played across, attackers must play at least two (2) passes before they play the ball to the other side.
- Defenders can now try and win ball
- Coaching points - as above, and
- Encourage defenders to press ball as ball travels.
- Encourage defenders to intercept pass on diagonal



### Practice 3

#### Organisation

- Area: 40 yards x 30 yards
- 4v4
- Xs defend Goals 1 and 2
- Os defend Goal 3

#### Coaching Points

- If Xs defending turn inside
- If Os defending turn down the line
- Os stay compact in the centre
- Xs stay compact to the sides
- Track runners
- Stop balls being passed through -cut of the gaps.

