

1v2 Defenders Drill



Objective of the Practice:

This practice is designed to improve each player's defensive positioning in a 2 v 1 situation. The play begins with the forward passing the ball to the defending then receiving the pass back, then the attacker attempts to beat the two defenders and tries to score. All players are restricted to the area marked off by the cones. The emphasis is strictly on defensive positioning. The groups rotate exercise after each attack.

The Pressurizing Defender (1st defender):

The nearest player to the ball is the pressurizing defender. They must keep approximately 1-2 yards from the attacker.

The Supporting Defender (2nd defender):

The supporting defender role is to add cover and balance to the defensive shape. **Cover** is important, so they are able to add depth for the pressurizing player. For example, in a game if the pressurizing defender is beaten then the covering player would be able to put pressure on the attacker or clean up and mistakes. **Balance** is important to prevent any through balls in behind the defense. By dropping off at an angle the defender encourages the player with the ball to make a pass in front on the defender and not behind.