

## Defending in the Box Game



### **Exercise Objectives:**

This practice is designed to improve each defender's ability to defend inside the penalty area.

### **Coaching Pointers:**

Play four attackers versus four defenders inside the penalty area. Position four players outside the penalty area as supporting player for the attackers. The object of the exercise is for the four defenders to deny shooting opportunities and stay compact as a defensive unit. If the defenders win the ball, they can score a point by passing the ball into the two goals placed outside the penalty area. Swap attackers with outside players after several minutes of play.

### **The coach should emphasize the following coaching points:**

- Gain as much ground as possible as the ball is traveling.
- Keep between the ball and the goal.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a "side on" position.
- Make the direction of the play predictable (away from the goal).
- Timing of the tackle is important, wait for the forward to make his move.
- Quality tackling is as much an attitude as it is technique.
- Players must develop an aggressive and savvy attitude towards winning the ball.
- Constant communication and organizational skills from the goalkeeper.