

Liverpool Defending Drill



Exercise Objectives:

This is an exercise designed to improve the technical understanding of individual defending.

Coaching Pointers:

Players alternate attacking and defending down the grid then jog back to the beginning to repeat.

Knowing "When" and "When" not to tackle is a very important quality for smart defending.

Good defenders will pick the right time to win the ball, knowing that the pressure is on the attacker to beat his man. Experienced defenders will look to slow down the attacker and eliminate the momentum the attacker may have. This allows time for teammates to recover back goal side of the ball.

Approach the attacker cautiously if he has good possession of the ball. Slow down your approach speed on your last few steps. Don't stop too close to the defender. This is when you are at your most vulnerable, because the exact moment you plant your feet to transfer your weight, good forwards will play the ball past you. You can compensate by stopping approximately 2 yards away from the attacker, then slowly edge in for the tackle. Watch the ball. Cunning forwards will use a variety of body and head feints to throw you off balance. Players lie, but the ball does not.