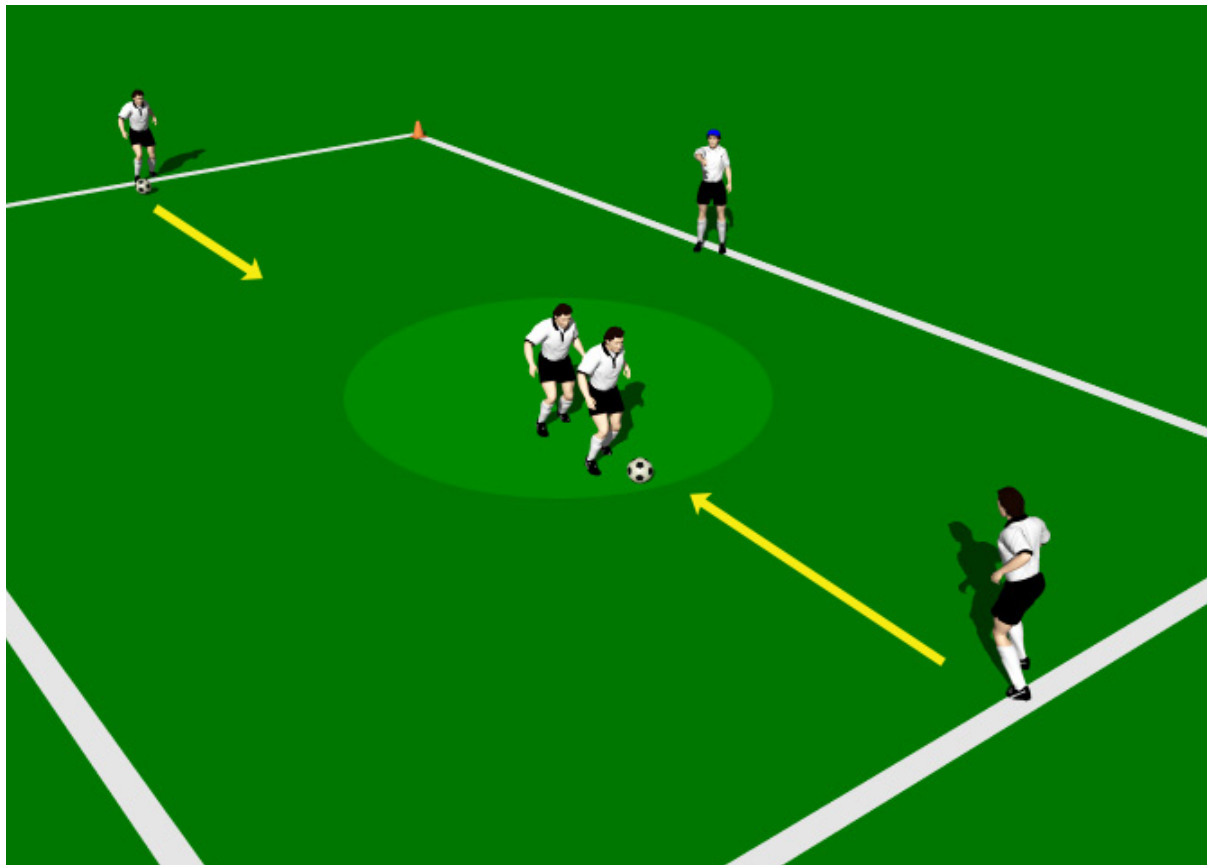


Tight Defending Drill



Exercise Objectives:

This is a high intensity defending drill that emphasizes staying “Touch Tight” with the attacker.

Coaching Pointers:

Divide your players into groups of four. Two balls per group. In an area approximately 10x 15 yards, place two servers on opposite ends and a defender and attacker in the middle.

The object of the exercise is for the defender just to stay “touch tight” with the attacker for 60 seconds. The defender is not trying to tackle or win the ball, just stay touch tight. Can the defender reach out and touch the attacker?

The attacking player can receive a pass for either of the two servers. They must use runs, head fakes and body fakes to try and create space between them and the defender. Work for 60 seconds then change roles.

This exercise can also be performed to place an emphasis on the attacker to create space.

Field Preparation

☆ 4 players, 2 Balls, Cones, Area 10x15 yards.