



Tactics Manager

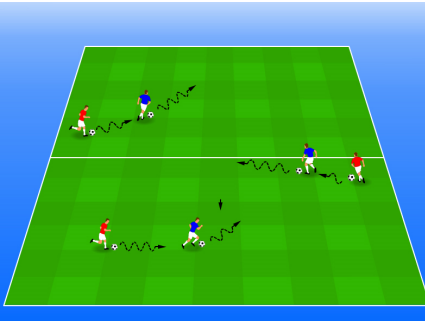
Date: 22/03/20
Time: N/A

Duration: 1:00 hour
Age/Level:

Session: Defending
Objective:

Defending Session 2

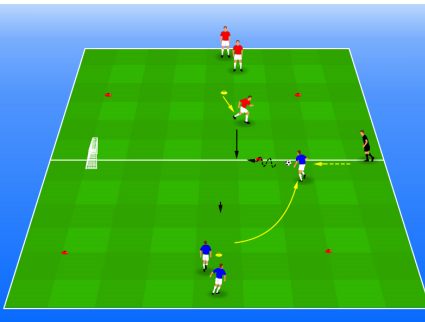
Tag with a Partner



Description: Have players get with a partner. Rock, paper, scissors to see who is 'IT'. The player who is 'IT', must try and tag the offensive player. If they do, the offensive player now becomes 'IT' and tries to catch their partner. Play several rounds for 60 seconds each.

Coaching Points: - Defender players need to keep their head up see where the offensive player might go.
- How can they cut off runs the offensive player makes?

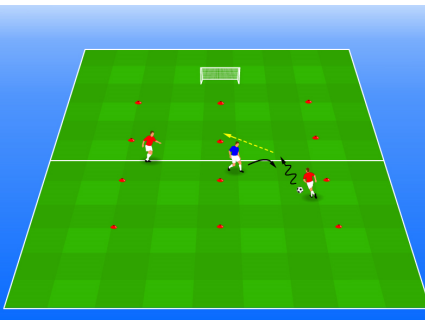
1v1 Defending from the Side



Description: Players enter the area from the side, the coach rolls the ball into play. First player to get to the ball is on offense, the other player becomes the defender. Play ends when the defender wins the ball, or the offensive player scores.

Coaching Points: Show the defender to one side, make a tackle when the offensive player makes a mistake.

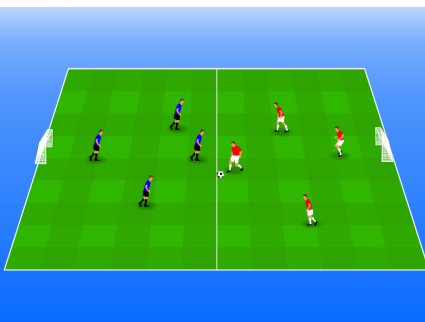
2v1 Defending w/ Zones



Description: Two offensive players enter the area versus one defender. Each offensive player must stay in their zone but can work together to try and score. Defender can go in either zone to win the ball.

Coaching Points: - Body angle, force the offensive player to dribble and don't allow them to pass.
- Win the ball with an interception or tackle.

Scrimmage



Description: Four versus four scrimmage.