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| Basic Defending**Category:** Technical: Defensive skills**Difficulty:** Beginner |  |



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| **free space dribbling (10 mins)** |
| Coaches cone off a dribbling area require players to practice moves. Scissors step over pull back turn kryuff |
| **part 1 moving feet for defending (15 mins)** |
| Players work with a partner.Player in red is the defender they are working on moving and keeping the dribbler in front of themas the player in black dribbles the Red player should keep an"arm’s length away" from the dribblerDefender should be on balls of feet and shift feet |
| **defending in game like (15 mins)** |
| Players play 1v1 to goal keeping the ball close to each other. The defender closes gap to keep the ball close and in front of them attacking player is trying to score on goal behind.Defender is trying to win the ball and take it to the end line for a point. |

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| **1v1 2v2 to goals (20 mins)** |
| Coach=greenAttacker=RedDefender= BlackPlay 1v1 and 2v2Person who is dribbling attacks the goalCoach should focus solely on the defender and keeping them player in front of them.Arm’s length away pressure the ball, but don't "lunge in" |