



## Defending in Pairs

Category: Functional: Defender  
Difficulty: Moderate

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### Description

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### Warmup 1v2

#### 1v2 Activity

Warmup activity that focuses on defending in pairs and roles of 1st & 2nd Defenders.

Organization:

- Groups of 3. Set up multiple grids.

How to Play:

- 1v2 in each grid.

- Rotate players to ensure participation as both attacker and defender.

- Goal is scored by dribbling to the endline.

Progression:

- Play to Goal

- 2v2

Coaching Points:

- When to press. When to hold.

- Defenders, go for ball on weak passes or out of control dribbling.



### SSG 3v2

3v2 Small-Sided Game

Progression to the Warmup

Organization:

- 3v2 in appropriate size grid

How to Play:

- Focus is defending within the game.

Progression:

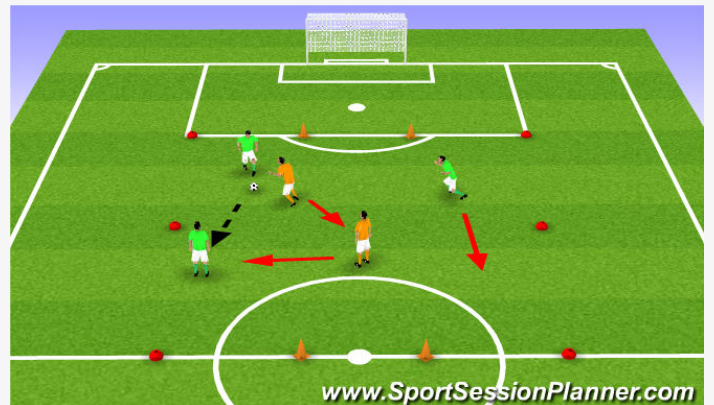
- Add Channel Players

- Add defenders after certain amount of passes by attacking team

Coaching Notes:

- 1st Defender presses the ball.

- 2nd Defender pressures the first pass, then 1st Defender drops back.



### Final 4v2

4v2 + GKs

Final game, still with 2 defenders.

Organization:

- 4v2 in appropriate sized grid, with goals

How to Play:

- 4v2. Add restrictions and progressions

Coaching Notes:

- The 2nd Defender has a better view of the field and can anticipate passes and movements.

