



# Defending

**Category:** Functional: Defender  
**Difficulty:** Moderate

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## Description

IAS Soccer Academy: Defending in Small Sided Games

## Warmup

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**Organization:** One player at every cone. All balls start on one side.  
**How to Play:** Player with ball performs dribbling patterns / moves, while defender back pedals and stays in front of the ball. When red player reaches the cone, switch roles; blue player with ball and red player defends.  
**Progression:** Play 1v1 to cone. Tight space forces players to keep control of ball.  
**Coaching Points:**  
Stay in front of ball  
Pressure / Delay when necessary



## Possession Box

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**Organization:** Each group starts with 3 (or more) players in each box. Red is Team A and Blue is Team B.  
**How to Play:** Ball starts with Team A. One player from Team B enters their box. After every 3 passes that Team A completes, Team B sends in one more defender. When Team B gains possession, they pass or dribble into their box. Team A sends one defender. Game continues.  
**Coaching Points:**  
High Pressure Defending  
Stay Organized  
After gaining possession, move the ball quickly



## Small Sided Games

### Small Sided Games: Focus is Defending

Principles of Defending implemented into these games.  
**Organization:** Multiple games of 3v3 or 4v4  
**Coaching Points:**  
Stay organized defensively  
Pressure, Cover, Balance

