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**DEFENDING 2 V 2**

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## Defending 2 v 2

This is a practice to improve defending in a 2 v 2 situation. The practice is one of the 250+ 3D animated practices on [www.grassrootscoaching.com](http://www.grassrootscoaching.com). In addition, you might be interested in Coaches Chalkboard. Coaches Chalkboard is FREE, is easy to use and enables a soccer coach to design, print, save and share soccer training practices, tactics and formations for games with other coaches and players.

To get the **FREE** Coaches Chalkboard, GO TO: <https://www.grassrootscoaching.com>

### 1. ORGANISATION

- 2 Defenders v 2 attackers
- Area 15 x 10 yards
- A defender passes the ball to an attacker
- Attackers try and get the ball over the far end line
- Defenders try and stop them
- Start the practice at walking pace so the defenders can be coached in the techniques and principles of 2 v 2 defending
- Increase the pace to Jogging, then full pace



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## 2. NEAREST DEFENDER TO THE BALL APPLIES APPROPRIATE PRESSURE

- As the ball is travelling, the nearest defender to the ball closes the ball down to apply pressure on the ball
- Their initial approach is quick, but they slow down as they approach the ball
- The defender needs to apply controlled and balanced pressure on the ball. DON'T DIVE in or get too close



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## 3. COVER PLAYER

- As pressure is applied on the ball
- The cover player takes a position behind the pressure player, where they can cover the pressure player if they are beaten
- They also need to be able to see the second attacker, so have an open body position where they can see the ball and the second attacker
- The cover player should also look to communicate with the pressure player and help them for example: "Be patient" "Show inside"





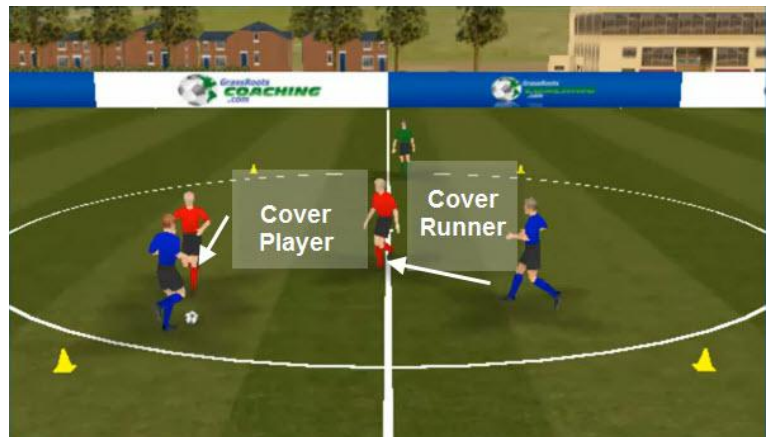
#### 4. SWITCH ROLES IF THE BALL IS PASSED BETWEEN ATTACKERS

- If the ball is passed between the attackers, the defenders quickly switch roles
- The cover player now pressures.
- The pressure player now covers
- Defenders need to be encouraged to communicate with each other



#### 5. COVER PLAYER ANGLE AND DISTANCE

- The cover player should adopt an angle and distance of cover so they can cover the pressure player if they are beaten
- They should adopt an open body position so they can see the ball and the second attacker
- They need to be clear and concise in their communication





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## 6. KEY COACHING PRESSURE

- Nearest defender to the ball to pressure quickly as the ball travels to the attacker
- Angled approach of player pressurising the ball – show the attacker one direction – inside to cover player
- Slow down, be patient, don't get too tight as the defender approaches the attacker.
- Appropriate pressure on the ball – don't dive in.
- Body position to be the same angle as the angle of approach – force the attacker in one definite direction, inside to cover player
- Body position – low, balanced, watch the ball. Shuffling feet movement
- If appropriate – look to tackle with the front or leading foot

## 7. KEY COACHING COVER

- Cover player takes a position where they can cover the pressure player if they get beaten – angle and distance
  - Cover player – take a position where they can stop a direct pass into the goal
  - Cover player body position – see ball and 2<sup>nd</sup> attacker
  - Early, clear, loud communication between defenders
  - As ball is passed between attackers, the ball travelling allows the defenders the time to change – pivot positions: Cover become pressure, pressure becomes covers
  - If attacker with the ball keeps the ball and attacker off the ball makes an attacking run. Defender pressurising the ball **STAYS WITH THE BALL**. Cover player tracks run and **STAYS COVERING**.
  - Early, clear, loud communication between defenders
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