



Drill Quick Glance

|                       |                  |
|-----------------------|------------------|
| Age: 9+               | Field: 60X40     |
| Players: 10           | Time: 20 mins.   |
| Difficulty: MEDIUM    | Focus: DEFENDING |
| Keeper: YES           | Type: Team       |
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

Pressure/Cover Tactical Defending Soccer Game

**Objective:**  
This soccer drill is designed to help players identify the roles of the first defender (the closest player to the ball) and the second defender (the supporting player providing cover). It focuses on teaching players how to effectively pressure the ball handler while maintaining proper positioning for defensive support.

Setup

1. Set up a large grid approximately 60 X 40 yards with a goal on each end lines with a keeper.
2. Split the teams into 2 even teams of 4 with a keeper in each goal.

Instructions

1. Instruct the players to shout "ONE" if they are the defender closest to the player with the ball.
2. The 2nd defender who is covering the space behind the first defender shouts "TWO" indicating they are the 2nd defender in cover position.
3. If a player fails to shout the appropriate number, the opposing team receives a free-kick.

Coaching Points

- Help the players recognize when they are the 1st or 2nd defenders.

Variations

- N/A