# Defending long runs

**Objective** — each how to defend the runaway attacker

**GameFocusResetProgression**

1. 3 columns depending on squad size
2. Defender and attacker per column
3. Attacker gets passed the ball and he has to score in goal
4. Defenders have to stop him and if they can pass the ball back to coach

**Rules**

1. All players must remain in column

**Objective**

1. Motivate deendersto control attackers direction and deny access to D

**Defender Coaching points**

1. Channel to low value area
2. Delay, Deny
3. DO NOT DIVE
4. Put pressure on
5. Body between attacker and goal — get in the way
6. Get past the attack not alongside
7. Attack the attacker to put pressure then back off
8. Body position to indicate where to go

1. Move up or down the columns

1. 15 sec attacks to motivate delays
2. Create grid and move teams up or down if they win
3. Increase size of playing area

Defending Drill 🔥