

Providing a full range of quality soccer programs in St. Albert!

St. Albert Soccer Association

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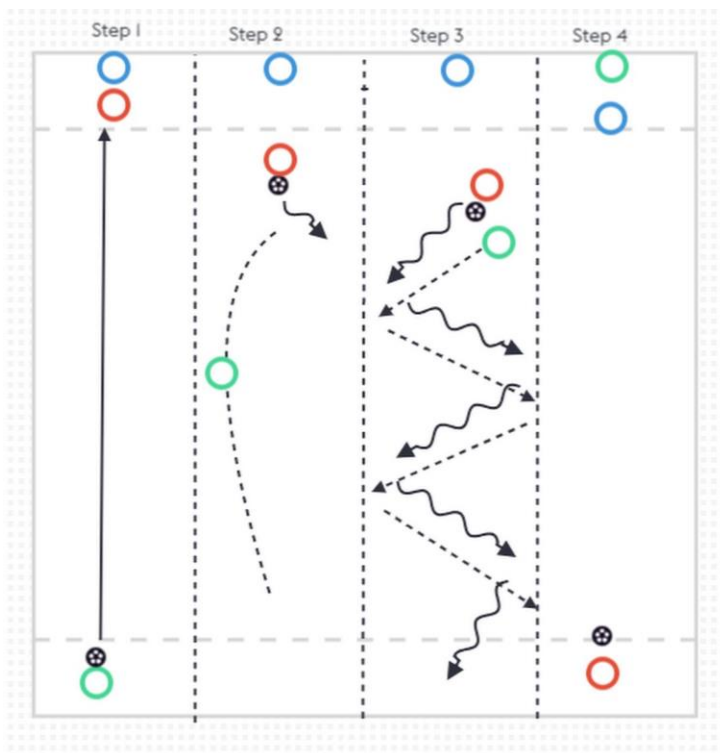
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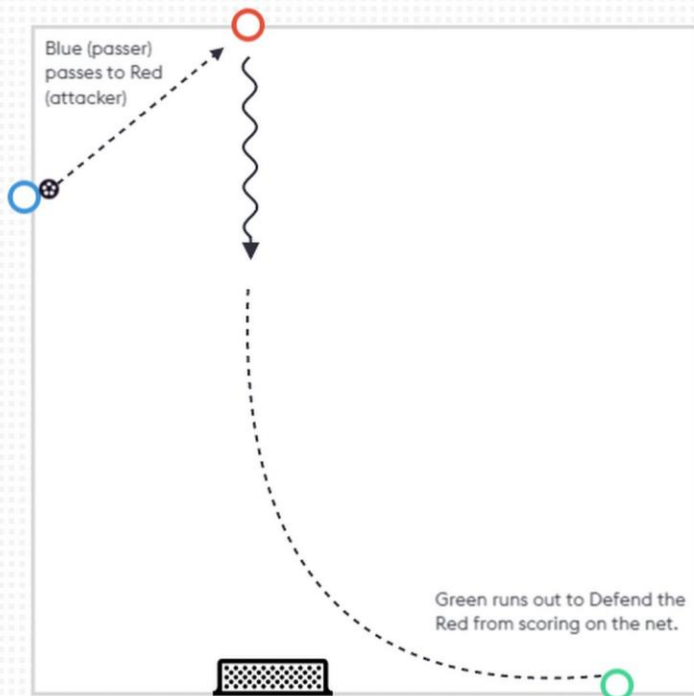
Key Coaching Points - Defender

1. Angle of Approach (1) - protect the goal, get in the way of the ball and the net
2. Angle of Approach (2) - angle your approach so that you are able to force the player to dribble away from the goal
3. Speed of Approach (3) - can you close down the player who has the ball
4. Patience / Jockey (4) - don't dive in to try and win the ball

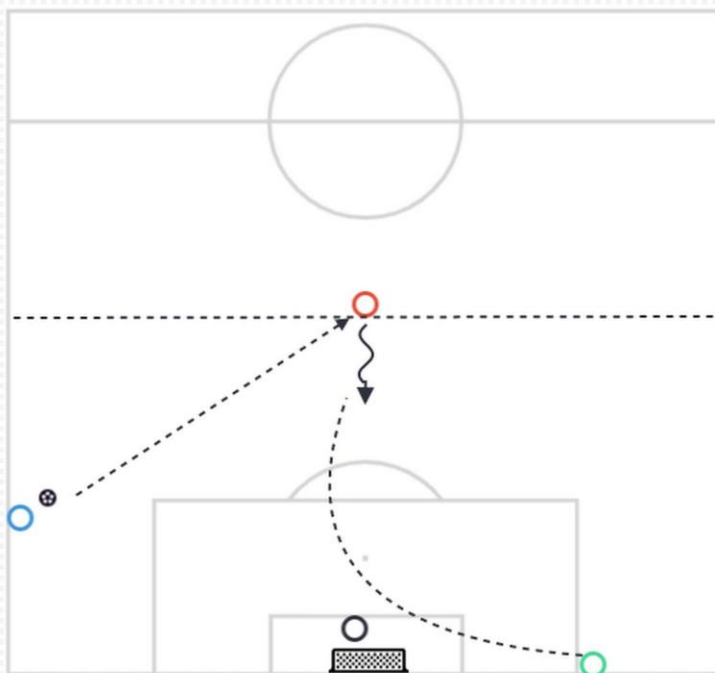
* Jockeying * One of the easiest ways to explain this concept is that it's similar to basketball defending. You want to be on your toes so that you are able to pivot and change directions when the ball carrier does. Keep your arms up so that you are able to force the ball carrier to dribble in the direction you want them to go, away from your goal.



Set Up - Have the players get into groups of 3. Using the width of the field, have two players (blue red) line up on one side without a ball and one player (green) on the other side with the ball. Instructions - The green player will pass the ball to the red player, then step out to jockey the red player. The green player is not trying to win the ball, they are just trying to shadow the movements of the red player. When the players get back to the side where the pass came from, the red player will stay there and look to pass to the blue player, the green player will go stand behind the blue player.



Set Up - Make 2 grids about 15 yards (length) X 10 yards (width) with 3 cones, 1 set up for each position and set up 2 cones to make a mini gate (2-3 yards wide). Instructions - The blue player passes the ball in to the red player who looks to dribble the ball through the mini gate. Once the ball is passed, the defender can look to close the attacker down and prevent them from scoring. Make sure you really focus on coaching the "Key Coaching Points - Defenders"



Just like the previous activity but now you will look to have the players attack the big goal. The players will rotate from defender (green) to passer (blue) to attacker (red).