

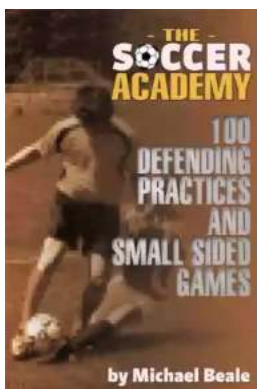
100 Defending Practices And Small Sided Games

Defending in soccer is an art that requires technique, communication, and strategy. It is a crucial aspect of the game that can make or break a team's success. In this article, we will explore 100 defending practices and small-sided games that will help players develop their defensive skills and enhance their understanding of the game. Let's dive in!

1. Defending Practice: Shadow Play

Description: This practice focuses on teaching defenders to track their marks and stay connected with the opposition players they are defending. Players will work on maintaining proper positioning, blocking passing lanes, and applying pressure when necessary. It helps develop discipline and concentration.

Key Benefits: Enhanced spatial awareness, improved communication, and efficient marking skills.



The Soccer Academy: 100 Defending Practices and Small Sided Games by Michael Beale (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English
File size : 5870 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 108 pages
Lending : Enabled
X-Ray for textbooks : Enabled

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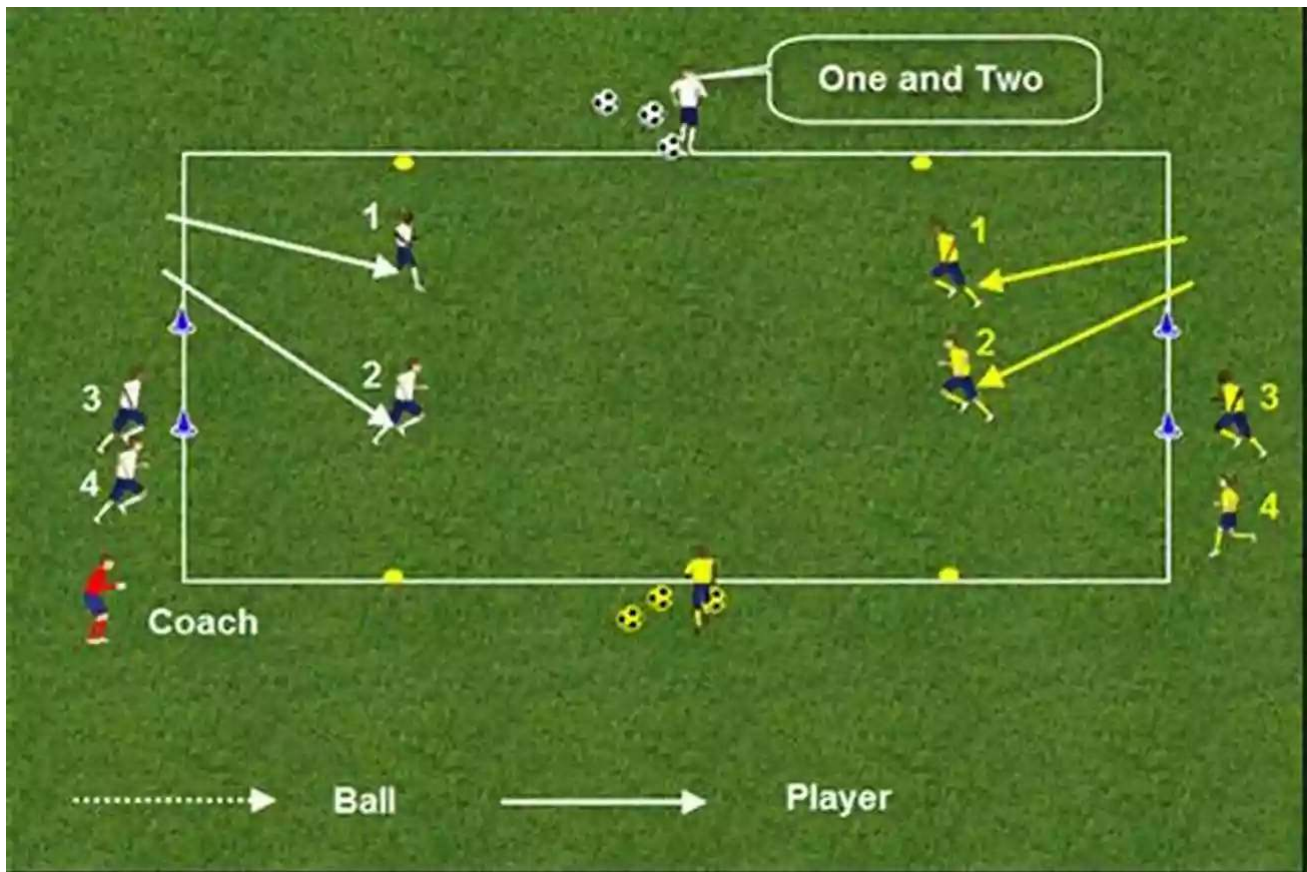
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2. Small Sided Game: 2v2 Defensive Dilemma

Description: This small-sided game simulates a defensive scenario where two defenders have to defend against two attacking players. The defenders must work together to deny space, intercept passes, and regain possession. It promotes quick decision-making and teamwork.

Key Benefits: Improved defensive positioning, sharpened interception skills, and enhanced communication between defenders.



3. Defending Practice: Tackling Techniques

Description: This practice focuses on teaching various tackling techniques such as block tackle, slide tackle, and poke tackle. Players will learn when and how to execute these techniques effectively while minimizing the risk of committing fouls. It enhances players' physicality and ability to win duels.

Key Benefits: Improved defensive tackling skills, reduced foul rate, and enhanced physicality.



By incorporating these defending practices and small-sided games into training sessions, coaches can mold solid defensive units capable of shutting down opponents effectively. Remember, defending is not just about individual skills but also about teamwork, communication, and strategy. With continuous training and practice, players can become proficient defenders and contribute significantly to their team's success.

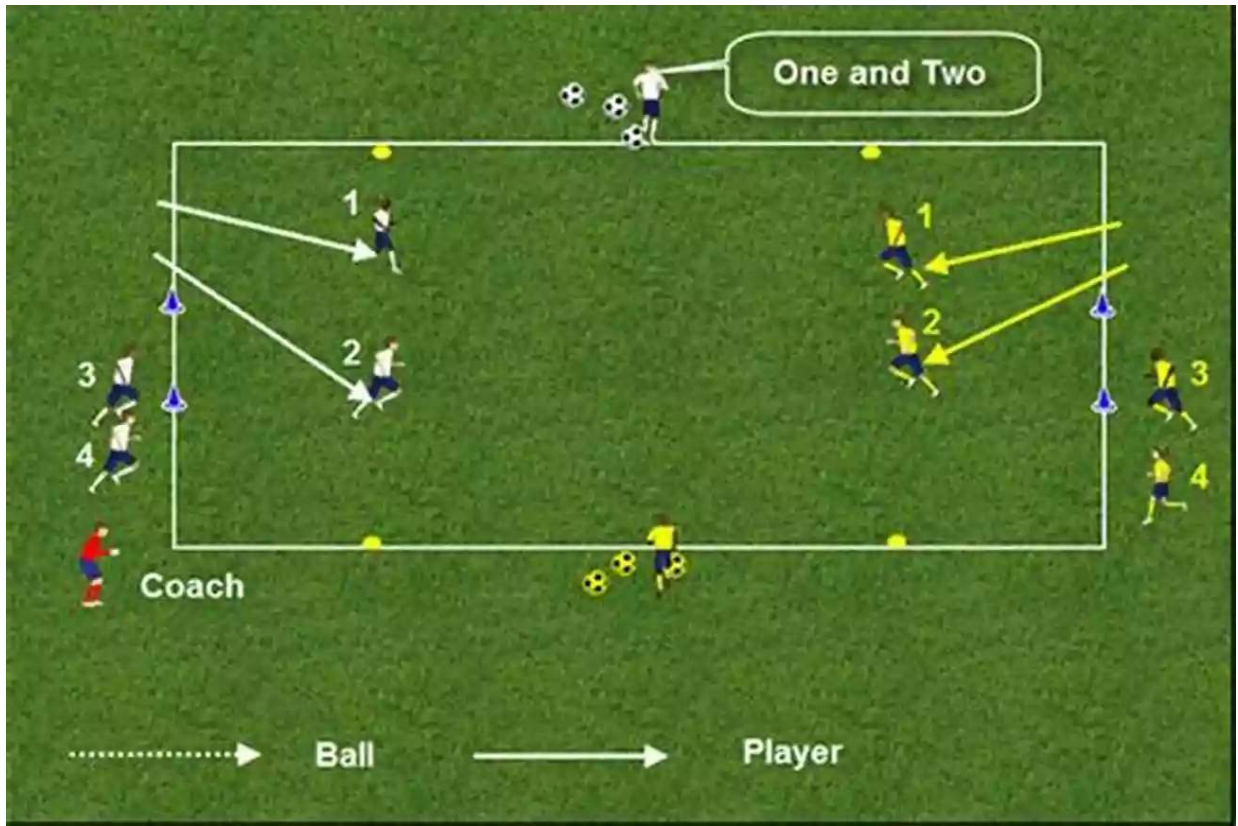
Defending in soccer is an essential aspect of the game that requires continuous practice and improvement. The list of 100 defending practices and small-sided games provided in this article can serve as a valuable resource for coaches and players looking to enhance their defensive abilities. From shadow play to tackling techniques, each exercise offers unique benefits that contribute to a well-rounded

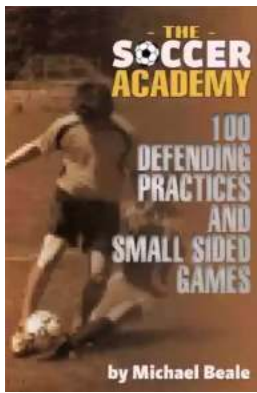
defensive game. So, keep training, keep practicing, and become a formidable defender on the pitch!

Images:

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For too long, defending practice has been presented by coaches and received by players as a necessary evil, filled with unimaginative drills that provide players with little or no reward for getting it right. This book contains 100 exercises and small sided games designed to inspire players to become better defenders both tactically and technically in a fun and competitive training environment.

The games are set up to re-create the unpredictability of actual match play, with no long queues or endless repetitions. Because of this, players are more involved in the practice and are thus learning "how to play the game" and developing the skills to deal with the ever-evolving situations on the pitch.



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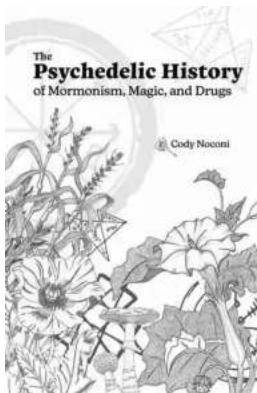
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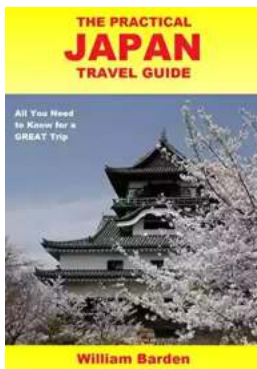
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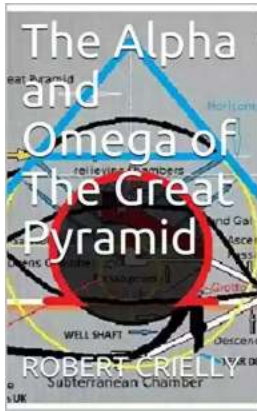
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