

None shall pass

Defenders face all sorts of situations when they play in matches - the ball doesn't just come at them head on. You need to give them practice so they can deal with the different scenarios that they find themselves in.

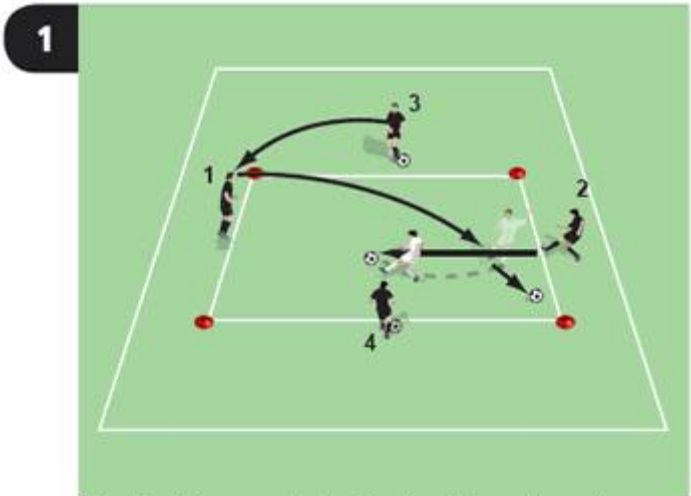
I use this game with my players because they find they have to deal with four different types of ball. It is all about being attacked from all sides but defenders must not let any of the players past.

You need an area 10 yards square and use four cones and four balls.

How to play it

1. Player 3 throws a ball up to player 1 for a header. The defender must stop the ball from going past the opposite line. Immediately, player 2 passes a ball across the area, the defender must react and run to slide and stop the ball crossing the far line.
2. Now player 3 dribbles a ball on to the pitch and attempts to reach the line opposite. The defender must stop him.
3. Finally, player 4 throws the ball over the defender's head and attempts to get it the other side, the defender must shield the ball.

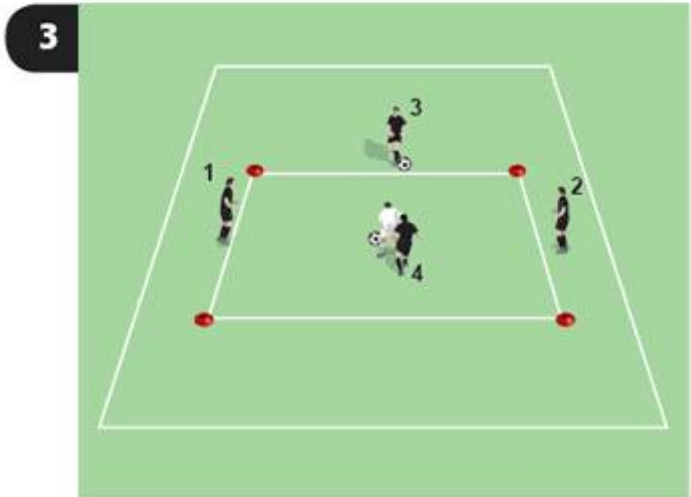
The defender earns one point for each ball successfully defended.



The defender stops the header then chases down player 2's pass.



The defender stops player 3 in a 1v1.



Finally he shields the ball from player 4.