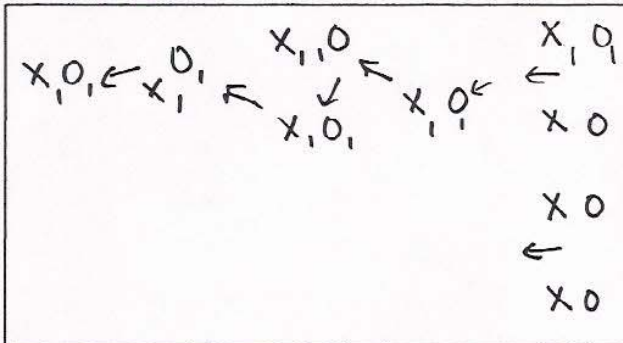
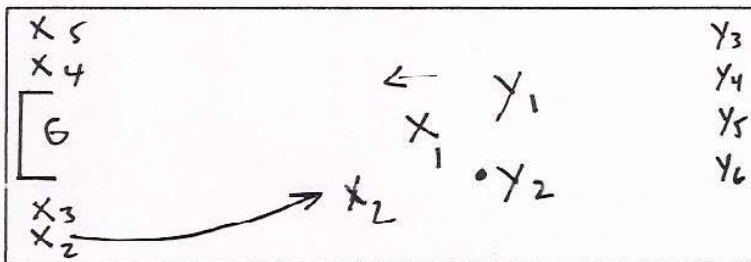


Defending  
Mirror - mirror



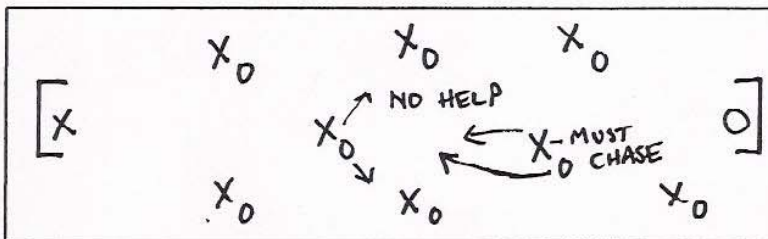
In this drill, teams break into partners, along one end line. Players face each other and move across the grid mirroring their partners moves, left, right, forward back. As they back pedal stay low, do not cross feet, eyes low. Later incorporate ball into attackers possession.

Two v one with help



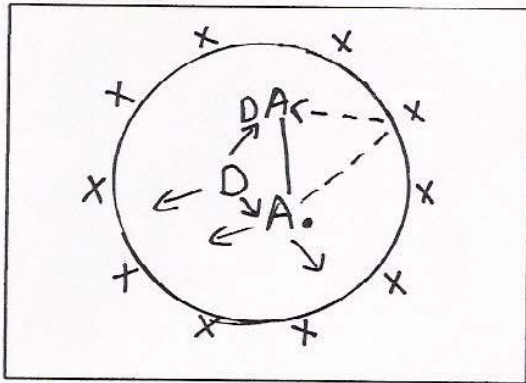
The drill begins as a two on one with the defender guarding the goal, after 1 - 5 seconds a second defender is allowed to join in. Focus on delay, positioning, lateral movement. When second defender arrives communicate. Off side rule is in effect.

One and Only



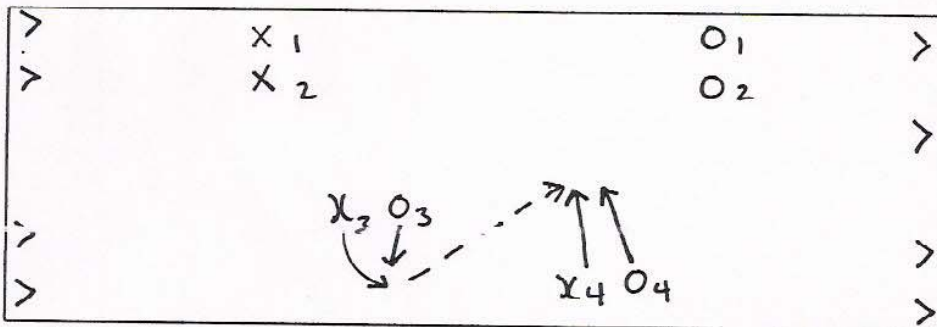
You play a regular scrimmage, however each player is responsible for defending only one player, if he is beat, he must chase down, no help. Focus on responsibility, and no hiding!

### Circle drill



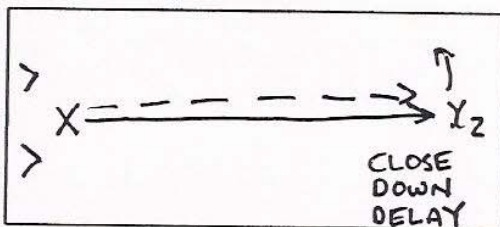
Players are in a circle with two in the middle, attacker and defender. Attacker can use players on outside for one-two's. Defender must win the ball or intercept passes. Focus on one touch for offense, for defense, getting tight on the player, being aggressive, anticipating.

### 1 v 1 across the field



Players set up mini fields across the grid. Play 1 v 1 or 2 v 2, off side rule in effect. Focus on communication, angles, don't get caught square, tight marking.

### Close down



In this drill, player X knocks ball into X2., and sprints across to challenge her. Goal of X2 is to beat X1 and score. Goal of X1 is to delay for 3 - 10 seconds. Focus on tight marking moving feet, eye on ball. Can vary it by doing 2 v 2 or 3 v 3 or having goals at both ends.