Defending: Good defending will lead to effective tackling and both are defined as any attempt to dispossess or reduce the advantage of an opponent within the rules of fair play. In order for this to happen it's vital that your players have good feet (position/stance), good hands (position/distance).
Agility is a player's ability to change body position rapidly, both with/without possession of the football.
Below we will break down and take a look at three highly effective methods of defending.

1. _____ Set up
A = attacker / D = defender
A D 20m long by 10m wide
_____

To begin D is 3m away from A.
D must try and remain between A and the end of the 20m at all times.
D is always moving backwards crouched low enough to remain well balanced.
Feet and Hands are vital.

2.

Set up
2 Ten metre squares

* * * *
A **D**
* * * *

D must replicate every movement of A for 20 secs.
e.g. sprints/side shuffles/diagonal sprints and so on.
You could introduce up to 3 players in each square to mirror match traffic.
Give a football to A, If A takes a hop/solo, D tries to knock the ball away(mirror)
Feet and Hands are vital.

---

3. Set up
15m square

* *
D1 A1 (A2,A3,A4,A5,A6)
* *

(D2,D3,D4,D5,D6)

A1 takes ball into the square where D is waiting to defend.
A1 may accelerate, Decelerate while in possession of the ball, therefore forcing D to Work on his/hers feet/hands.

Introduce 2 V 2, 3 V 3, and so on. (send in a ball with each attacker v defender, When an attackers ball in knocked away by a defender the attacker is out of the Game and the defender goes to help out his/her team mate.
This now takes it from individual to team defending.

Martin Horgan
Games Development Administrator – Mid & South Kerry.