

TOPIC: THE SECOND DEFENDER

COACH: Don Herlan



DRILLS AND GAMES

- 1 4 v 2 For Defenders
- 2 Sideline Trap
- 3 3 v 2 Defending

4 6 v 4 → 4 v 3

5 Free Play, 11 v 11

Notes: Pair up the starting outside mids and backs in Drills 1, 2, and 3.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Immediate transition from 2nd to 1st defender.
- 2 Controlling the runs and containing 1 v 1.
- 3 Anticipating play and shading to the correct side.

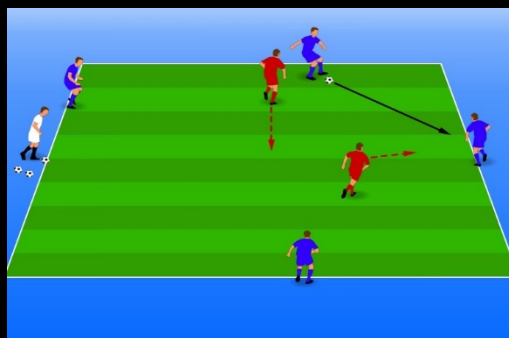
COACHING POINTS

- 1 Be able to cover a pass made to the right or left.
- 2 Your run should force the play in one direction.
- 3 Pressure hard when the attacker controls poorly.

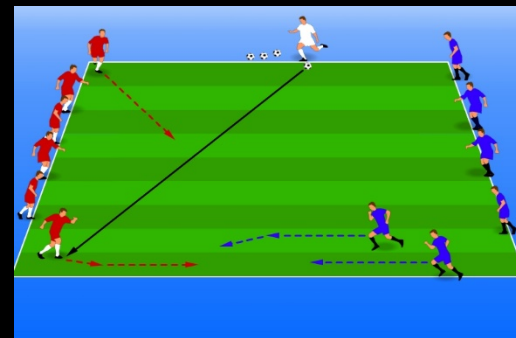
QUESTIONS/TOPICS/NOTES

Is the second defender closing the distance? Does he angle the run and force the play in one direction? Does he communicate with the first defender? Is he containing the play or getting beat 1 v 1?

1



2



3



4

