

## Defending In Threes

**By Michael Beale**

When teams are defending with three at the back, players need to know how to use pressure, support and depth to maximize their effectiveness.

What you are looking for is your defenders to get into the right 'shape' depending on the location of the ball when the opposition attacks.

Set up an area 20x20 yards with a 10x20 yards end zone. You need three cones and three mannequins or poles.

How to play it

- The defending team completes the defending technique task. The coach calls to the players the defensive shape they should take up:
  1. Left – the left defender pressures and shows inside, the central defender supports to stop a forward pass and the furthest defender gives support to the central player and provides depth.
  2. Centre – the central defender pressures the ball while the two wide defenders take up supporting positions behind and to either side to stop the forward pass.
  3. Right – the right defender pressures and shows inside, the central defender supports to stop a forward pass and the furthest defender gives support to the central player and provides depth.
- The coach passes a ball to the attacking team at the opposite end.
- Immediately, the defenders must run on to the pitch and use the group defending technique to stop the opponents from scoring in their target goal.

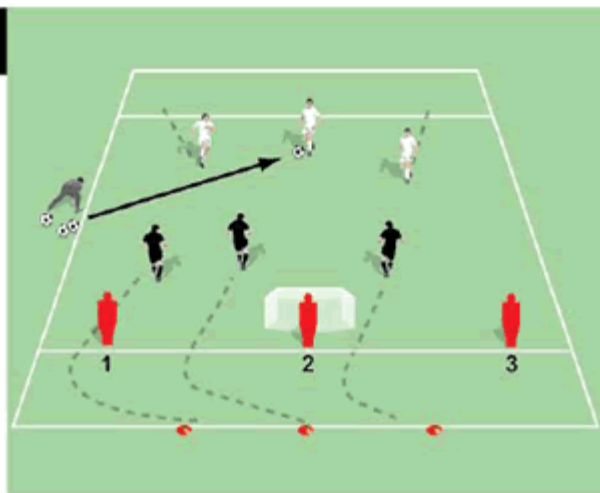
After each game the roles are reversed.

1



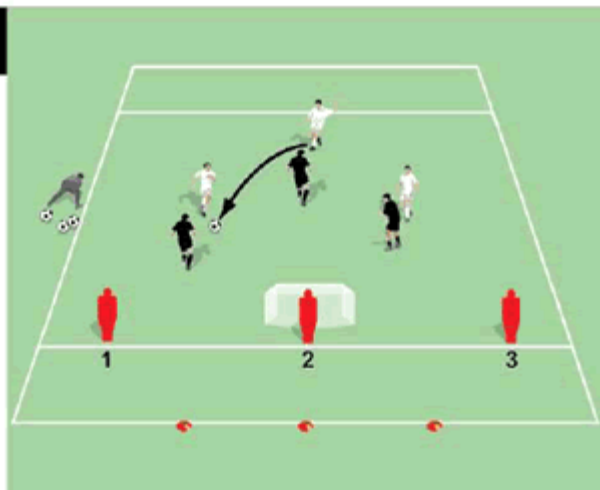
The coach can call for any of the defending positions to begin (this time left).

2



On completion of the technique the coach serves a ball to the attacking team.

3



The defending team must use their defensive techniques to stop a goal.

**KEY**

-----  
Player Movement

—————>  
Ball Movement