

Technical Coaching Points Defending

Approaching the ball/attacker:	<ul style="list-style-type: none">- Begin at a sprint, slow down and take small steps while arriving (closing speed)- Approach from one side – bend run if necessary (angle of approach)- Position body sideways, knees bent, leaning forward, on balls of feet- Distance self from attacker – close enough to tackle, but far enough away not to get beat (varies per player and opponent)
Block tackle:	<ul style="list-style-type: none">- Use back foot to stop ball progress- Plant front foot firmly on the ground next to the ball, knees bent, leaning body forward- Use inside foot to make contact, lock ankle- Stop foot's forward progress once contact is made
Fake tackle:	<ul style="list-style-type: none">- Quickly raise front foot and lean body forward in a motion similar to making a poke tackle- Do not over-commit – faking motion should be as little as needed to be noticed by attacker
Jockeying:	<ul style="list-style-type: none">- Position body sideways, knees bent, leaning forward, on balls of feet- Shuffle (low) backward while facing attacker- Keep the same distance between attacker and self at all times- If ball is moved to other side of body, quickly pivot on back foot to turn and face the other side
Marking:	<ul style="list-style-type: none">- Position body goal side of the attacker (between the attacker and the goal)- If ball is on one side or another, position body ball side of the attacker (between the attacker and the ball) – to the extent that it does not conflict with being goal side- Face body so that both the attacker and ball can be seen simultaneously and/or with peripheral vision- Make light contact with the attacker – with arm and/or body
Poke tackle:	<ul style="list-style-type: none">- Use front foot to poke ball away- Step and lean into the tackle
Tracking:	<ul style="list-style-type: none">- Position body goal side of the attacker (between the attacker and the goal)- Position body ball side of the attacker (between the attacker and the ball)- Face body so that both the attacker and ball can be seen simultaneously and/or with peripheral vision- Distance self from the attacker so that it is possible to arrive to the attacker at the same time as the ball, as well as win a through ball before the attacker