



## Roles of the 1<sup>st</sup> and 2<sup>nd</sup> Defender

### Defending in general

- “Hunt in packs” (team effort, not just the role of one person)
- Win ball back in six seconds or less
- Discipline – takes mental discipline to accomplish defending well

### Role of 1<sup>st</sup> Defender

- Main role: Put “pressure” on the ball; deny and delay penetration
- ABC’s of 1<sup>st</sup> Defender
  - **A – Approach**
    - Pressure quickly and then slow down or “bounce off” the attacker to prepare for them moving towards you – arm and a half length away – not too close so they beat you off the dribble, but not too far to allow them time to read the game.
      - “Jockey” the player
    - To put another way – deceleration to prepare for controlled pressure.
    - Approach by angling your run to funnel them one direction, making play predictable – this makes having one foot up and one back or “sideways” (never flat)
    - Verbalize what you are doing – “I’m up,” “Mine,” “I’ve got.”
  - **B – Battle**
    - Be ready to battle and go in for the tackle but patience is the name of the game. Watch for that poor touch and then go in for tackle. But main goal of 1<sup>st</sup> defender is to DELAY and stop penetration.
  - **C – Communication**
    - Verbally and with body movements (quick and angled run)
- Who is always the 1<sup>st</sup> defender: the closest player to the ball.
- How many 1<sup>st</sup> defenders are there 99.9% of the time? 1 (unless doubling down and having a second attacker help when appropriate – only in certain areas of the field and during specific times). We do not send two 1<sup>st</sup> defenders to pressure the ball.

### Role of the 2<sup>nd</sup> Defender

- Main role: “cover” and support the 1<sup>st</sup> defender
- Angle of support
  - Approximately 45 degrees
- Distance of support



- If main job is support of 1<sup>st</sup> defender, then close enough to close down attacker if 1<sup>st</sup> defender gets beat, but far enough away to not be beat at same time as the 1<sup>st</sup> defender.
- To put another way: Should be a distance that the second defender can tackle or immediately close down an attacker who has beaten the first defender.
- Mirror the 1<sup>st</sup> Defender – if 1<sup>st</sup> defender is funneling left with right foot up and left foot back, then 2<sup>nd</sup> defender stance is identical

#### Video Resources:

##### **1<sup>st</sup> Defender**

1. <https://www.youtube.com/watch?v=-hZJ1CADebQ>

##### **1<sup>st</sup> and 2<sup>nd</sup> Defender**

1. <https://www.youtube.com/watch?v=A8dKITx...js>

##### **Defending Against 2 Attackers**

1. <https://www.youtube.com/watch?v=itcv3g5uKss>