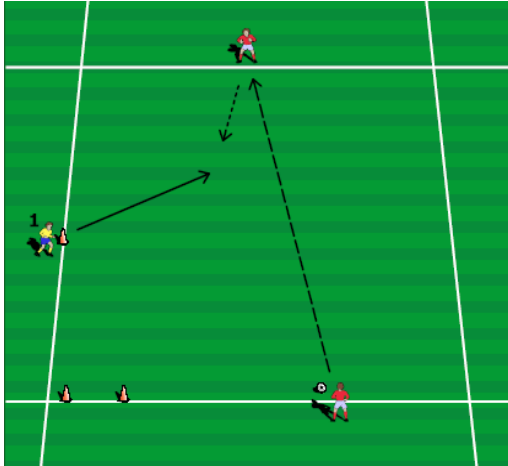


Individual Defending

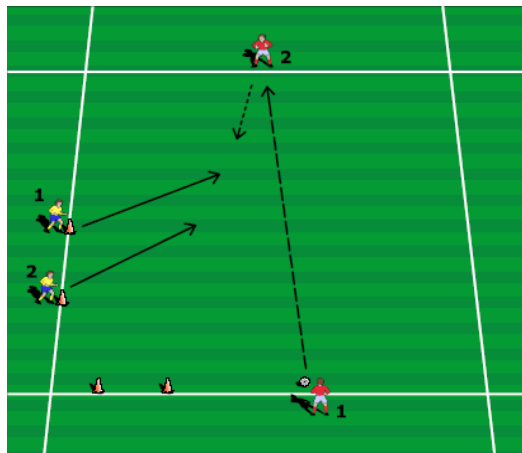


Key Factors:

- Speed & Angle of Approach
- Balance/Body Position
- Patience
- Distance
- Delay

Individual Defending

Progress: 1 v 2

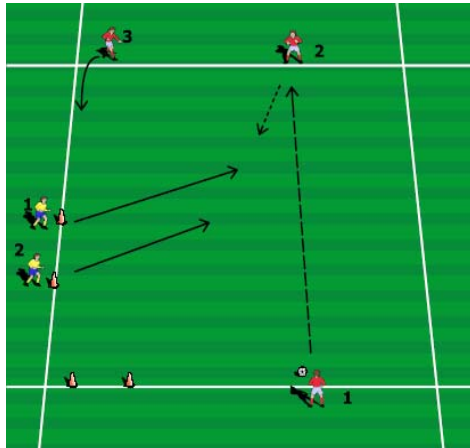


Key Factors:

- 1st Defender
 - As before
- 2nd Defender
 - Communication
 - Angle & Distance

Individual Defending

Progress: 2 v 2

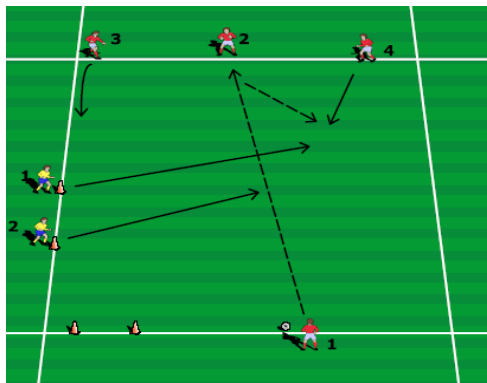


Key Factors:

- 1st Defender
 - as before
- 2nd Defender
 - Communication
 - Angle & Distance
 - Body Position
 - See the Ball & the player
 - Angle & Speed of Recovery

Individual Defending

Progress: 3 v 2



Key Factors:

- 1st Defender as before
- 2nd Defender as before

Progress: SSG

Individual Defending



Key Factors:

- Closest Defender challenges
- Next closest covers