

Defenders: Tackling and Marking Tips

Tackling and Marking Tips

- Learn proper body positioning for clean tackles.
- Practice closing down attackers and limiting their options.
- Drill: 1v1 defending scenarios focusing on timing and technique.

Playing Out from the Back

- Develop skills to maintain possession under pressure.
- Drill: Passing sequences between defenders and midfielders.
- Focus on quick decision-making to avoid turnovers.