

## Straight Back Recovery

Saturday, 08 December 2007

This drill is designed for defender to work on their individual defending and recovery to get behind the ball and take a defensive position. (Intermediate)

Click image to view all steps.

{gallery}2018{/gallery}Steps:

- The field is broken into three zones, with a defender (yellow) in zone 1, and the goalie in zone 3. Zone 2 is empty to start out. The attacker (blue) starts with the ball outside of zone 1 with a second defender (yellow) 15 yards behind the attacker.
  - Once the attacker (blue) dribbles into zone 1, he is trying to beat the defender (yellow) and advance to zone 2. Meanwhile the second defender (yellow) that was 15 yards behind the attacker (blue) is making a sprinting run into zone 2 to defend his zone.
  - Once the attacker (blue) beats the defender (yellow) and enters zone 2, the attacker (blue) tries to beat the defender (yellow) in zone two and advance to zone 3. Meanwhile the defender (yellow) that was beaten in zone 1 is making a sprinting run to zone 3 to defend that zone.
  - Once the attacked (blue) beats the defender (yellow) from zone 2 and enters zone 3, the attacker (blue) can then try to beat the defender and score. If at any point the defender (yellow) wins the ball in any zone, the play is over.
- Setup:
- Use a quarter of the field and break it into 3 zones with a full goal.
  - 4 players: (1 attacker (blue), 2 defenders (yellow), 1 goalkeeper)
- Tips:
- Once beaten, the defenders should make a sprinting run straight back to goal to make sure they can be in a position to be supporting their other defenders and be between the goal and the ball.