



# SOCCER TIPS

## PART 1: Defending

The objective of defending is to keep the ball away from your goal!

### TECHNICAL STUFF

1. Move fast when the ball is moving, but slow down when the opposition has the ball.
2. Watch the ball, not the player cos they may try and trick you!
3. Try to control the situation - force the player to take the ball away from your goal or to pass to one of their team mates.
4. If one of your team is tackling, then support them by marking one of the opposition players.
5. Try not to dribble the ball out of defence or pass in front of your own goal.
6. EVERY PLAYER HAS TO DEFEND - so learn how to do it well and ENJOY!!!



### TOP TIP

Don't dive in - stay on your feet and look to stab the ball away when you are confident of winning it.

### WOT NEXT?

**3** things to do once you win the ball:

1. Clear the ball off the field and off the opposition player to win a throw in
2. Clear the ball up the pitch as long and as high as possible
3. Pass to one of your team mates or dribble up the field



CHARTER  
STANDARD  
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One of the best defenders to watch is Chelsea's John Terry or Arsenal and England Captain Faye White.

Visit the Dynamo website or talk to your coach for more information:

[www.dynamo-gfc.co.uk](http://www.dynamo-gfc.co.uk)