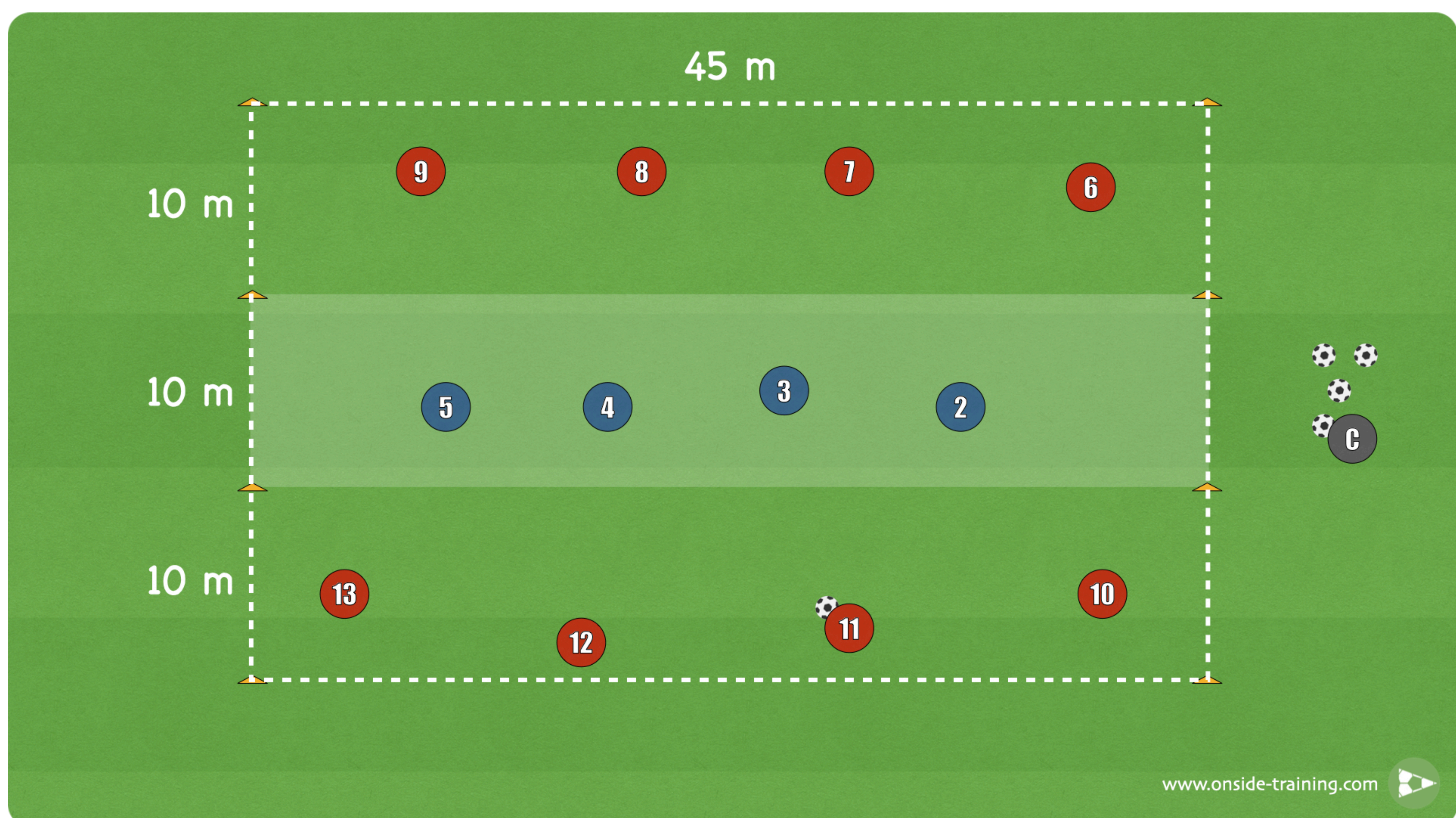


# THE INTER DEFENDING DRILL

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## Setup:

- Create a field in the dimensions of 45x30 meters. Inside, set up three smaller squares, each measuring 10x45 meters.
- Position 4 players within each square, designating the middle square for defenders.
- Adjust the length as necessary to better suit your team.



## Why Use This Drill?

This Inter Defending Drill is influenced by the defensive strategies of Inter Milan and the Italian approach to defending. Defenders focus on maintaining a compact defensive line, requiring effective communication and teamwork. The players passing at each end train their skills in breaking defensive lines with well-timed passes.

This drill is straightforward to set up and comprehend, making it an invaluable exercise for both defenders and passing players.

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# THE INTER DEFENDING DRILL

## How It Works

The teams at the ends work together, aiming to pass the ball between each other through the central zone as many times as possible. The passes should be played along the ground. The four players in the middle need to coordinate to cover the field effectively and limit the angles for the ground passes through their interconnected positions. This drill can be timed, or rotations can be introduced when the ball is intercepted in the middle.

