



DEFENDER FILM ROOM **SCAN SHEET**

Centre backs, full backs & wing backs · 490 videos across 17 coaching modules

Every video in the library as a scannable code, in the same modules as the training checklist. Point a phone camera at any code and it opens straight to the video — no typing, no searching. Works on the field with a printed page in your hand.

REELS

Short. Show one on the sideline, then coach the thing immediately.

SIT-DOWNS

Long-form. Classroom sessions, film study, or homework between trainings.

PRINT & GO

Hand a player one module. Codes stay scannable in black and white.



THE WHOLE LIBRARY, LIVE

Searchable and filterable, and it remembers what you've watched on your device.
Scan this one first — or visit www.michigansoccertraining.com/defender-film-room

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**REEL**

How to use your arm when defending
1v1

**REEL**

STOP Defending Wrong

**REEL**

Soccer Defense: Avoid These
Mistakes! Improve Your Game

**REEL**

Get Your Body In Front!

**REEL**

How to Defend — Quick Tips
US Youth Soccer

**SIT-DOWN**

How To Defend 1v1 — Body Position

**SIT-DOWN**

Body Positioning in Soccer

**SIT-DOWN**

Soccer Defending Tips & Tutorial:
Body Positioning

**SIT-DOWN**

Nike Academy — Defending Body
Position
Nike Academy

**SIT-DOWN**

How to Defend Better in Soccer
(Complete Defender Guide)

**SIT-DOWN**

Defending — Footwork

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Lessons in the Dark Arts: How to
Approach an Attacker

**SIT-DOWN**

Basic Defending Techniques
SoccerCoachTV

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5 BASIC DEFENDING SECRETS —
Improve as a Defender FAST

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TOP 5 BASIC RULES OF DEFENDING
ft. a Premier League Player

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4 Pro Defending Tips That Will Help
You Improve Instantly



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How I Coach Defensive Attributes
Every Footballer Needs



SIT-DOWN

The Ultimate Guide to Defending in
Football

02 1v1 Defending & Jockeying

30 VIDEOS



REEL

Mastering Defensive Jockeying: 1v1
Defense Tips



REEL

Start jockeying correctly



REEL

Soccer Defending Tips (Jockey,
Anticipate, Win the Ball)



REEL

How To Deal With Fast Wingers



REEL

The Art of Defending: Shutting Down
Wingers



REEL

VVD Bossing 1v1s



REEL

How to defend as a centre back



SIT-DOWN

HOW TO DEFEND 1V1 — Soccer
Masterclass



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Stop Getting Beat In 1v1's | Defending
Fundamentals



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How To Defend In 1v1 Like A PRO



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How To Defend In Soccer | 1v1 Tips
For Defenders



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How To Defend 1v1 When You Get
Beat



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How To Defend A 1v1 | Learn With
The 3 P's



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1v1 Defending — Basic & Advanced
Techniques

Online Soccer Academy



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The Ultimate Guide to 1v1 Defending



SIT-DOWN

The Art Of Defending 1v1



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How To Defend 1v1 | This Will Change
Your Game



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Don't Dive In | 1 vs 1 Defending Drill



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3 EASY 1v1 DEFENDING DRILLS



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Football Defending Basics —
Jockeying Made Simple



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Soccer Tutorial: How to Jockey



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How to Improve Jockeying Defense
Skills



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How Pros Defend Faster Players | 4
Techniques



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How to STOP Fast Skillful Attackers



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How to Defend 1v1 (Striker With Back
To You)
Taticas



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Exercise Breakdown: Striker With
Back to Goal



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Effective 1v1 Defending | Marking and
Intercepting



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Mastering 1v1s: Pro Attacking &
Defending Tips from an ex-Premier
League Player



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The Art of 1v1 | Top Attackers vs Top Defenders



SIT-DOWN

Why You (And I) Suck At Defending And How To Fix It

03 Tackling

25 VIDEOS



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Soccer Tackling Guide: Slide, Poke & Block



REEL

Master the CUTOFF TACKLE



REEL

How To SLIDE TACKLE Without Getting Hurt



REEL

Master the Slide Tackle: Win the Ball & Keep Possession



REEL

Soccer Slide Tackle: Master the Technique



REEL

Your defender needs to learn how to slide tackle like this



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How to Defend & Tackle in Soccer (Beginner Method)



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How to Tackle CORRECTLY In Soccer



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How To Win More Tackles (Steal the Ball Every Time)



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How to Tackle in Soccer



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Block Tackle — Essential Techniques of Soccer



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How To Do A Block Tackle
MOJO



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How to Do a Poke Tackle
MOJO



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Defending — The Poke Tackle
New York Red Bulls Academy



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5 WAYS TO WIN EVERY TACKLE —
Defending Hacks



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How Risky Are Your Tackles?
Tackling & Defending Explained



SIT-DOWN

How To Tackle in Soccer (Win the Ball
Without Fouling)



SIT-DOWN

How I Coach Tackling (And Remove
Fear From Players)



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Master Defensive Techniques —
Make More Tackles



SIT-DOWN

How To Slide Tackle Properly:
Understand The Scenarios



SIT-DOWN

How to Slide Tackle in Soccer



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How To Slide Tackle Tutorial | Tips
For Beginners



SIT-DOWN

How to Master the SLIDE TACKLE
(Without Fouling)



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The Art of The Aggressive Tackle



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Soccer, Defending, Shoulder Charge

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2nd Defender — Quick Tips
US Youth Soccer

**REEL**

Deflect and delay 2 v 1

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Pressure, Cover, Balance — Basic
Defensive Principles

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Pressure, Cover, Balance —
Defending Exercises

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Back Four Defensive Principles: Why
Pressure, Cover & Balance Fails

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Basic Individual & Team Defensive
Principles

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Press, Cover and Balance | Coaching
Session

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Defend as a Unit — Pressure, Cover,
Balance Practice

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Four Defenders Cooperation —
Pressure, Cover, Balance

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Pressure, Cover, Balance with
Screening and Counter Pressing

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Adam Clinton: How to Train Pressure,
Cover, Balance

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The 2nd Defender in a 3v2 —
Defending in Pairs
IMG Academy

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Principles of Defence — 1st and 2nd
Defenders, Delay and Cover

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Defending in Pairs and Staying
Compact

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Defensive Shape Drill & Making Play
Predictable
SoccerCoachTV

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An Amazing Drill To Work On
Defensive Shape



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Arsenal Group Defending Drill
SoccerCoachTV



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Challenge, Recover and Stop |
Coaching Session



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Paul Quinn: Defensive Cover And
Balance | FA Learning
FA Learning



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Retreat or Press? Football Practice

05 Pressing & the Block

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What are the Pressing Triggers?



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Mid-Block Tactics Explained



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3v4 Pressing Trap — Trap Them On
The Sideline



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Pressing Triggers in Football
Explained



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Triggers or Traps: What's the Best
Way to Press?



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How to Coach Triggers and the Press



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Pressing Traps Tactics Explained



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What Are Pressing Traps and
Pressing Triggers?



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Soccer Coaching Drill: Pressing as a
Unit



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How To Press Smartly | Football
Pressing Session



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Defending Through The Thirds —
High, Mid & Low Block



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High, Mid & Low Blocks Explained



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Tactics Explained: The Burnley Low Block



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The High Press Explained | The Best Counter to Build-Up



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How to Press in a 4-2-3-1



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Modern Pressing Examples — 4-3-3 vs 5-2-3 High Blocks



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4-3-3 Defending and Pressing



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Creating a Fast Paced, High Pressing Defending Session for Youth Players



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Press For Success | Coaching Session



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The Modern 4-4-2 — Shifting and Defensive Principles



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Training Team Defensive Organization in a 4-1-4-1



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Defending in the 4-2-3-1 Formation
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Offside Trap Masterclass: Defend Like a Pro



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Compactness Explained in Football



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How to Coach Compact Defending



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Dropping Versus Stepping: How to Coach Defensive Positioning



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How a High Defensive Line and Offside Trap Work Together



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The High Defensive Line



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Klopp's Liverpool Defensive Masterplan | High-Line Offside Trap



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The Flick Formula: How to Execute the Perfect High-Line Offside Trap



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How Liverpool Use the OFFSIDE TRAP With the High Press



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Play The Offside Trap (Beat The Attack)



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Defensive High Line: Advanced Defending Tactics



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The Basics of Defending as a Back Four



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Teaching Defensive Shape ft. Will John (Flat Back Four)



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Five Defending Drills to Improve Your Back Four



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Defensive Shape | Back 4



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Back Four Defending as a Unit



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Back Four Unit Defending



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Defending — Back Four Moving & Defending as a Compact Unit



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How to Coach Back Four Relationships



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Soccer Tactics — ZONAL Defending With a Back FOUR



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Defensive Line Coordination Drill



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Football Defensive Principles Session
— Compactness



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3-Step Guide To Defend Long Balls



SIT-DOWN

Gary Neville | How To Defend Against
The Long Ball

07 Aerial Duels & Defensive Heading

26 VIDEOS



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New 1-to-1 CB Practice: Winning
Aerial Duels



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How to WIN Defending Headers in
Football



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How to Clear the Ball as a Defender



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Master Headers: Technique for
Power & Accuracy



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Simple Tips To Become a Header
MONSTER



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Soccer Jumping Headers: Timing,
Technique and Power



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Soccer Clearance: Mastering the Art
of Defending Your Goal



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How to Defend 50/50 Balls as a
Center Back



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Master Defensive Headers: Essential
Drill for Winning Aerial Duels



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Your Players are LOSING Too Many
Aerial Duels! Fix It With This Drill



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How to Win Every AERIAL DUEL in
Football



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Heading Like a Pro: Dominate Aerial
Duels



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Aerial Duels 3v3



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How To Head The Ball | The
Defensive Header



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How to Clear in Soccer



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Mastering Heading the Ball | Scoring
and Defending With Your Head



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How To Win More Headers (Simple
Heading Technique)



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Win More Headers — Soccer
Jumping Technique Explained



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How to WIN Headers (Even If You're
Small or Can't Jump High)



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HOW TO DEAL WITH BIG PLAYERS —
Defending Against Tall Strikers



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Soccer Heading Tutorial — Head the
Ball With Confidence



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Heading Mastery: Drills for
Technique and Timing



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Be UNSTOPPABLE In The Air



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How To Perform A Header | Power &
Accuracy | Advanced Tutorial



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How To Shield The Ball / Use Arms In
Football



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Virgil van Dijk — Aerial Duel

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Defending Inside the Penalty Box

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How to Defend Crosses as a Centre-Back — Complete Guide

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Soccer Coaching Drill: Defending Crosses in the Box

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Best Exercises to Defend Crosses Explained

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Soccer TACTICS — The Best Tactic For Defending From Crosses

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Defending Crosses — Recovering Defenders

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Defending Crosses Soccer Drill | Defensive Principles

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How to Defend Cutback Crosses

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Protect the Goal: Impenetrable Defense Against Crosses & Cutbacks

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Blocking the Cross Drill

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How To Block A Shot As A Defender

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Low Block and Crossing Defending Exercise

**SIT-DOWN**How to Defend a Soccer Cross
Online Soccer Academy**SIT-DOWN**Marking Attacking Players | Tactics Board Explainer
England Football Learning**SIT-DOWN**

Dynamic Defending | Coaching Session on Marking

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Revisiting Dynamic Defending | Marking Session



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Front Marking — Changing Direction
and Tracking The Player



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2v2 Marking The Target | Marking
And Scanning



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Bitesize Coach Development —
Defending Crosses



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Constantine Drill: Defending Crosses



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Box Crosses | Defending the Area



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Analyzing Defensive Mistakes From
Chelsea & Arsenal | PL Tactics
Session
NBC Sports

09 Centre Back Play

24 VIDEOS



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DEFENDERS... listen to this detail



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Stones' Role as a Deep-Lying
Playmaker



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7 Steps To Defend Like Van Dijk



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How to Play Center Back
AllTactics



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How to Play Centre Back in Football
(Everything You Need To Know)



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How To Play Center Back In Football
— 8 Ways



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How to MASTER the CENTER BACK
POSITION with 7 PRO TIPS



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Master CENTER BACK Positioning in
Just 10 Minutes



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Master Center Back in 8 Minutes with These Pro Tips



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How to DOMINATE as a Centre Back | When NOBODY is Watching



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How To Play As A Center Back? Tips To Be Successful



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How to be a GREAT CENTRE-BACK



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How to Become a Smart Centre-Back? (Ramos and van Dijk Analysis)



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How To Read The Game Like Van Dijk | Tactical Masterclass



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How to Be a Skilful Centre-Back Like Van Dijk



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What Makes an Elite Football Partnership? Dias & Gvardiol



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What Makes Today's Centre-Backs Truly Elite?
ForPro



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How to Defend Like Ramos, Chiellini, Varane and Godin



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Why Amorim Inverts a Centre Back to Midfield



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The Center Back's Secret (Game-Changing Passes)



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Stop Giving the Ball Away — Center Back Passing Fix



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How to Train Ball-Playing Centre-Backs | 3 Build-Up Drills



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Individual Centre Back Training | 3 Drills To Become a Better Defender



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Midfield & Back 4 Unit Defending Drill



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Full-Back Tactics: Defending Wingers & Overlaps Explained



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The Inverted Fullback Explained



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Inverted Fullbacks: Football's Biggest Tactical Revolution



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Overlapping vs Underlapping Full Backs



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Underlapping Runs Explained



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5-Second Breakdown of Elite Fullback Decision-Making



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Fullback Tutorial: Best Movements to Support the Attack



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PRO Level Fullback Training



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Fullback Mastery: Advanced Tactics



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First Touch Drills for Fullbacks



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DEFENDING AS A PRO: Tracking Back



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Recovering To Defend 2v2



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How to Play Fullback in Soccer (Complete Position Guide)



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Fullback Position Guide: What To Do In Possession



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Fullback Tips: What to Do When You Get the Ball



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How to Play as a Fullback: Tips and Techniques
Footy Tactics



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How to Play Fullback — Movements & Positioning
Footy Tactics



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Master Fullback Positioning in Under 8 Minutes



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Simple FULLBACK Positioning Tutorial



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FULLBACK Positioning Tips To Make You Better



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HOW TO PLAY THE FULLBACK POSITION — Tips & Tactics
KitLab



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If You Ever Have To Play Fullback (Watch This)



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5 DEFENDING SECRETS PROS KNOW — How To Play Fullback



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Here's How To DOMINATE as a Full Back and Wing Back



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How Fullbacks Win 1v1 Defending Duels | Tactical Analysis
ForPro



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How to Win Every 1v1 Duel as a Fullback



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Football Tactics Explained: The Inverted Fullback



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The Evolution of the Inverted Full-Back Explained



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Inverted Fullbacks: The Tactic That Changed Football Forever



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The Tactical Role of Different Inverted Fullbacks



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Is Cucurella's Inverted Fullback Role Solving Chelsea's Problems?



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Overlap and Underlap Movements of Full-Backs | Tactical Exercise



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Overlaps & Underlaps Explained: The Most Misunderstood Runs in Soccer



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What is an Underlap?



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Overlapping and Underlapping Run Drills | 2 Variations



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Underlapping of the Full Back and Finishing Drill



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Soccer TACTICS — The Role of the Fullback When Attacking



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How to Play as a Fullback | 8 Attacking Runs with Theo Hernández & Achraf Hakimi



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How To Play As A Wingback? Tips To Be Successful



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Football Formations — 5-3-2 — Role of the Wingback



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The Modern Wingback Position For Coaches & Players



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3 Drills to be a SUCCESSFUL WINGBACK



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How to Play Wing-Back Under Pep Guardiola | Kyle Walker Masterclass



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Top 5 Tips To Play Full Back / Wing Back Like Kyle Walker or Marcelo



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7 DRILLS FOR FULLBACKS & DEFENDERS



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Fullback & Winger Specific Drills to Improve Your Game



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Full-Back Overlap Crossing Drill



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Crossing & Finishing Drills for Fullbacks, Wingers & Strikers



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Fullback / Winger Crossing Drill for Individual Training



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Football Drill: Overlap Crossing & Finishing
Football DNA



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Recovery Run Drill — Defensive Recovery Speed & 3v2 Transition



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Fullback (Left Back, Right Back) Positioning — playlist

11 Building Out & On the Ball

52 VIDEOS



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Receiving With Open Body Shape



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The Importance of BODY SHAPE



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How to Make Your Scanning BETTER in Soccer



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Soccer Awareness: Scanning the Field for Perfect Passes



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Check Your Shoulder & Turn — Awareness Drill



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Improve Speed of Play with the Half-Turn



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Build-Up Tactics Explained



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What Is Breaking Lines in Football?



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How To Break Lines With Passes & Movement



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Dean Smith Masterclass — Playing It Out From The Back



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Playing Out From the Back Under Pressure



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Learn How to Master Playing UNDER PRESSURE



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Soccer Drills: Playing Out From The Back



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Playing Out From The Back Drill



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How to Play Out From the Back | Nike Academy
Nike Academy



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How to Build Up From the Back Like the Pros



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4 Tactical Build-Up Variations With Your Goalkeeper



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Goalkeeper Training Drill: How to Play Out From the Back
Swansea City Academy



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The First Skill to Become a Press Resistant Soccer Player



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Add This Small Detail When Receiving to Become Press Resistant



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What Busquets Knows About Receiving That You Don't



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How to be COMPLETELY Press Resistant



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How I Coach First Touch Under Pressure



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First Touch Drill To Help You Stay Calm Under Pressure



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The First Touch Mistake 99% of Players Make



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5 EASY Ways to Receive the Ball and Turn With Your First Touch



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Master Your First Touch: Techniques to Escape Defenders



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Soccer Awareness & Quick Play — Checking Your Shoulder



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Scanning Drill For Teams | Check
Your Shoulder



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Check Your Shoulder | U13-U18



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Teaching Your Players to Scan the
Field Before Turning



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Scanning Drills For Football | Improve
Decision-Making



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Train Yourself Series — Body Shape
When Receiving



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Receiving on the Half-Turn | The
Quickest Way to Change Direction



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Receiving on the Half Turn Game



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Technical Passing Drill — Open Body
Shape
Touchtight Coaching



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Open Body & Awareness | Passing
Drill



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How to Make Long Diagonal Passes
Hurt Your Opponent



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How To Ping Long Passes | Improve
Your Long Passing



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Long Passing — Diagonal Pass



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Master the PING | How to Play Long
Passes



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How to Nail Long Passing (And What
You're Doing Wrong)



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Changing The Point of Attack — Free
Session Plan



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Switch of Play Passing Drill
What It Takes



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Switching the Point of Attack (Full Session Plan)



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How to Train Line-Breaking Passes



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Line-Breaking Pass: When and How to Master It
Soccer IQ Academy



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Line Breaking and Finishing Exercise by Bielsa



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Using Your #6 To Beat a Press



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How To Break Football's Most Common Press | Build-Up vs 4-4-2



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Beat Man-to-Man Pressing: 3 Drills That Create Space



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How To Teach Building Out Of The Back

12 Transition, Recovery & Rest Defence

36 VIDEOS



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Defensive Transitions in Football



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One on One to 2v1 to 3v2 — Continuous Transition Drill



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Quick Fire Transition — Football Coaching Drill



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What is Rest Defence?



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Recovery Run Drill
SoccerCoachTV



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Recovering into Defensive Shape



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Soccer Defensive & Attacking Transition Session



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Attack Into Defense Transition | 2v2 into 1v1



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Half-Field Drill for Attacking,
Defensive and Transition



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High-Intensity Transition Drills for
Pre-Season



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Soccer Defensive Drill — 2v1 How to
Defend the Attack
Coach Joe Luxbacher



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2v3 Defending When Outnumbered
— Sporting Lisbon



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How to Defend 2v1 in Soccer



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How To Defend 2 v 1



SIT-DOWN

How To Defend Against 2v1
Situations



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How to Actually Defend When
Outnumbered



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How To Coach: Defending Counter-
Attacks



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How to Defend Against the Counter
Attack



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Transition Drills 3v2 to 2v1 + 1v1
Game



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2v1, 2v2, 3v2 Transition Drill



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Transition Drill 3v2 to 4v3 Shooting
and Defending Game



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Shooting and 2v1 to 3v2 | Attacking &
Defending Exercises



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What is Gegenpressing? The Art of
the Counter-Press Explained



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What's Counter-Pressing? Football
Basics Explained



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What Is the Gegenpress? (What Every Coach Needs to Know)



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Klopp's Gegenpressing Tactics at Liverpool EXPLAINED



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Liverpool's Counter-Pressing Explained



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The Difference Between Klopp & Guardiola's Pressing Systems



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Godfather Of Gegenpressing: Ralf Rangnick Tactics Explained



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How to Practice GEGENPRESSING | Small Sided Games & Rondos



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6 Second Pressing | Soccer Coaching Drill



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Press Together Rondo | Apply Pressure As A Team



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The Rest Defence Tactics — How to Organise Defence While Attacking



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What Is Rest Defence & Why Is It So Important?



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Football Tactics Explained: Minimum Width Rest Defence



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How Do You Train Goalkeepers on Attacking and Defending Transition?

13 Set Pieces

26 VIDEOS



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Man vs Zonal Marking Explained



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Arsenal's Deadly Corner Routines | Set Piece Masterclass



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Defending Corners: Zonal Marking vs Man Marking



SIT-DOWN

How to Defend Corner Kicks — Zonal vs Man Marking



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How to DEFEND Corner Kicks —
Zonal, Man or Hybrid?



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Man Marking or Zonal Marking?
(Defending Corners)



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How to Defend Corners — General
Advice



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Marking When Defending Corners



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Coach's Quick Tip — Defending the
Corner Kick



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Corner Kick Analysis (Arsenal v
Leicester) — Zonal Defending



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Liverpool's Defensive Structure at
Corners — Defending the Short
Corner



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Defending Set Plays | FA Learning
Course Resource
FA Learning



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Soccer Training — Defend Restarts
and Set Pieces



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Short Analysis of Defending Free
Kicks and Crosses



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Defensive Wall Organization



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Organizing Your Defensive Wall
SoccerCoachTV



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Game Winning Strategies for
Attacking and Defending Set Pieces



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Every Football Set Piece Explained In
9 Minutes



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Highly Effective Attacking Corner
Kick Routines



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Arsenal's CORNER TACTICS
Explained | Tactical Analysis



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The Attacking Header | Heading At Goal From Different Crosses



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How To Score Headers | Step By Step Heading Tutorial



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Coach More Effective Corners



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Taking Corner Kicks: Positions, Strategy and Pro Tips



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Offensive Corner Kick Techniques for Youth Teams



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Defending Corners — playlist

14 Communication & Leadership

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Mourinho: “We Lack Leaders in Modern Football”



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Become a LEADER With Virgil van Dijk As Your Teacher



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The Key Leadership Skill Every Great Captain Has



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How to Be a Great Football Captain | 6 Traits That Matter



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HOW TO BE A TEAM CAPTAIN | 3 Features of Every Great Captain



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7 Types Of Captains In Football Explained



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Goalkeeper Communication: How to Talk With Your Defenders



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Goalkeeper Communication Tips — What Should You Say & How?



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Goalkeeper Communication to Help
Your Team | Commands To Improve
Your Game



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5 Communication Secrets Most
Goalkeepers Don't Know



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How To Communicate As A
Goalkeeper
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15 Physical, Mentality & Common Mistakes

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Van Dijk Defends By Looking At His
Opponent



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3 Speed & Agility Drills For Defenders



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Soccer Specific Speed & Agility
Training



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Improve Agility and Deceleration | 5
Drills



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6 Soccer Agility Drills with Ali Krieger
adidas



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D1 Soccer Speed, Agility And
Strength (Full Workout)



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How To Improve Explosive Speed



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Get Faster On The Pitch | Speed
Training Session



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Explosive Sprint Speed Drills For
Football



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10 Speed Drills for Soccer Players



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3 Drills To Improve Speed and
Acceleration



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Fast Feet & Agility Training



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How I Coach Players To Be More Physical In Soccer



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Shoulder To Shoulder Soccer



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1v1 Duel With Defender At Your Back



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How To Use Your Body In Soccer To Protect The Ball



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5 Defender Mistakes You're Probably Making



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AVOID These Defender MISTAKES



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The Worst Defensive Mistakes Everyone Makes



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What PRO Defenders Do That YOU Don't



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How to Train Confidence | Mental Performance for Footballers



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Football Mental Training — Mental Toughness & Resilience



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DO THIS To Improve Your Mental Strength On The Pitch



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Build Confidence As A Footballer



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Soccer Drills For Defenders | Individual Training



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Virgil van Dijk — The Art of Defending



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Van Dijk Teaching Araujo How to Defend



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Inside the Mind of Ruben Dias



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THE ART OF DEFENDING ft. William Saliba



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Maldini — Defending Masterclass: No Fouls, Just Brilliance



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Learning to Defend With Paolo Maldini



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Seedorf Shocked by Maldini's Defending



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A Fabio Cannavaro Defensive Masterclass



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The Art of Defending — Fabio Cannavaro



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How Trent Alexander-Arnold Evolved The Fullback Position



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Virgil van Dijk | What Makes Him So Good? Player Analysis



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How GOOD is Van Dijk ACTUALLY? Tactical Analysis



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3 Things To Learn From Van Dijk



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The 5 Simple Secrets Behind Van Dijk's Defending (Anyone Can Learn)



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What Van Dijk Did To Become The Best Defender | Interview



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Virgil van Dijk — The Art Of DEFENDING



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30 Defender Tips From PRO Players
(Van Dijk, Dias & More)



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DEFEND Players That Are Faster Than
You (With Ruben Dias As Your
Teacher)



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How William Saliba Proved He Is The
BEST Defender In The World



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How William Saliba Proved He Is The
BEST Center-Back In The World



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Why William Saliba Is The Most
TERRIFYING Defender In The Premier
League



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Is William Saliba The World's Best
Centre Back?



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Art of Defending by William Saliba



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Paolo Maldini: The Art of Defending
(Techniques Explained)



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1v1 Defending From The Front | Paolo
Maldini Masterclass



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Maldini — Defending Masterclass in
Wide Areas



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Paolo Maldini Analysis — 1v1
Defensive Stance



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Paolo Maldini — Defence is an Art



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Paolo Maldini — The Ultimate
Defensive Masterclass



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Paolo Maldini — Il Capitano | Best
Defensive Masterclasses



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When Paolo Maldini Made World-
Class Strikers Look Ordinary



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When Paolo Maldini Made Defending
Look Like Poetry



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No One Has Matched Maldini's
Defending Skills



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HOW TO DEFEND LIKE SERGIO
RAMOS



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Learn To Be A SMARTER Defender
With Sergio Ramos As Your Teacher



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4 TIPS FOR ALL DEFENDERS TO
LEARN | Sergio Ramos Defending
Skills



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Sergio Ramos — Defence is an Art



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Learn How to Defend Like Carles
Puyol | Player Analysis



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How Carles Puyol Became an
Exceptional Defender and a True
Leader



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Fabio Cannavaro — Unreal Defending



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Franco Baresi — The God Of
Defending



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Franco Baresi — Best Tackles, Goals
& Defending Skills



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HOW GOOD is Antonio Rüdiger?
Tactical Analysis



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We Seriously Have To Talk About
How GOOD Joško Gvardiol Is



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Joško Gvardiol Is A COMPLETE
DEFENDER



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How GOOD is Jules Koundé? Tactical
Analysis



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Marquinhos — Best Defensive Skills
& Tackles



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How GOOD is Trent Alexander-
Arnold? Tactical Analysis



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How to Become a Smart Fullback?
(Trent Alexander-Arnold Analysis)



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How To Play As A Full Back! ft. Trent
Alexander-Arnold



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How To Play Full-Back ft. Trent
Alexander-Arnold



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How To Dominate The Game From
Fullback Like Trent



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Trent Alexander-Arnold: Changing
the Role of the Full-Back



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Why Trent Alexander-Arnold's New
Role Is Working



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Trent Alexander-Arnold | Player
Analysis — playlist



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THE BEST FULL-BACKS! Hakimi and
Davies
ESPN FC



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Achraf Hakimi Is the BEST Right Back
in the World



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Already the Best Left Back in the
World | Alphonso Davies Analysis



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How GOOD is Theo Hernandez?
Tactical Analysis



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Between the Lines: Roberto Carlos,
Cafu, and the Overlapping Fullback



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Cafu and Dani Alves Talking Life As A
Full-Back

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Full Training Session for Defenders

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Individual Training**SIT-DOWN**Steve Harrison | RIASA Masterclass
Defence Session**SIT-DOWN**

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Guardiola**SIT-DOWN**Designing Defending Drills at Youth
Levels**SIT-DOWN**4 Elite Defensive Drills | Master
Modern Defending Tactics**SIT-DOWN**5 Defensive Drills To Improve Your
Team's Defending**SIT-DOWN**Soccer Coaching Defending Drill:
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Game**SIT-DOWN**

Defending Sessions — playlist

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Defending Soccer Drills — playlist

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