



DEFENDER TRAINING CHECKLIST

The whole back line — centre backs, full backs & wing backs · Advanced youth (U16–U19) · Outdoor 11v11

DATE

PLAYER 1

PLAYER 2

FOCUS OF THE DAY

How to use this: Modules 1–16 are the full teaching curriculum — tick each item as you cover it, and use the coaching cues (grey boxes) as the exact words to say. Modules 1–8 apply to every defender; 9 and 10 are position-specific. Section 17 is the timed plan; Section 18 is your evaluation grid. Circle the modules you are prioritising today before you start — you will not cover all sixteen in one session.

01 Defensive Stance & Body Shape

FOUNDATION

- ☐ **The side-on stance**— hips and shoulders turned, not square to the attacker; feet staggered, knees bent, weight on the balls of the feet, low centre of gravity
- ☐ **Never get caught square or flat-footed**— square feet mean you can only move sideways, and the attacker knows it
- ☐ **The approach**— sprint the first two-thirds of the distance while the ball is travelling, then brake and break down into short steps in the last few yards. Arriving at full speed is how defenders get eliminated
- ☐ **Distance to the attacker**— close enough to touch with an outstretched arm, far enough that a knock past you is still recoverable. Closer when the attacker's head is down, deeper when they are facing you with the ball under control
- ☐ **Body angle sets the trap**— the stance itself dictates which way the attacker can go. Show them where you want them to go, then be ready for it
- ☐ **Legal arm use**— the arm across the chest for feel and leverage, not a push; know where the referee's line is and stay the right side of it
- ☐ **Eyes on the ball, not the feet or the shoulders**— feints live in the upper body; the ball cannot lie

Common faults: square stance, standing tall, arriving too fast, reaching with the foot instead of moving the body, watching the attacker's eyes

Cues: "Side on." · "Sprint, then brake." · "Arm's length." · "Show him where you want him." · "Watch the ball, not the body."

- Delay first. The first job of the defender nearest the ball is to slow the attack down and buy time for teammates to recover — not to win the ball
- **Jockeying mechanics**— small, quick steps; never cross the feet; retreat at the attacker's pace, matching them stride for stride; stay balanced enough to change direction instantly
- **Force them one way**— onto the weaker foot, toward the touchline, or into a covering teammate. A defender who forces nothing invites everything
- **Patience**— do not dive in. The moment you commit, you are beaten. Wait for your moment, not theirs
- **Cues to actually engage**: a heavy touch, the attacker's head going down, the ball leaving the foot, receiving with back to goal, or a teammate arriving to double up
- **Defending faster attackers**— drop off a yard further, angle the body earlier, use the touchline as a second defender, and accept giving ground to protect the space behind
- **Defending a skilful attacker**— stay big, stay patient, and let them run into you rather than reaching for the ball
- **When beaten**: do not lunge. Turn and sprint the recovery path, get goal-side, and delay again
- **Defending a striker with their back to goal**— touch-tight but balanced, front-foot pressure on the first touch, force them backwards or sideways, never let them turn

Cues: "Delay — don't dive in." · "Small steps, don't cross." · "Force him wide." · "Wait for the heavy touch." · "Beaten? Turn and sprint, don't lunge."

03 Tackling

- **Block tackle**— the standard. Inside of the foot, ankle locked, body weight driving through the ball, standing leg planted and firm. Commit fully or not at all — a half-hearted block tackle loses the ball and the duel
- **Poke tackle**— the front-foot jab at the ball as the attacker takes a touch. Low risk, keeps you on your feet, best used from the side or when the ball is momentarily loose
- **Slide tackle**— the last resort. Only when: you are the last realistic defender, the ball is clearly winnable, you are approaching from the side or behind the play at an angle, and there is no safer option
 - **Technique**: slide on the outside leg, contact the ball with the leading foot, keep studs down, never go through the player to get to the ball
 - Never slide in the penalty area unless it is absolutely certain — a penalty costs more than the tackle wins
 - Never slide from directly behind, and never as the first option out of frustration
- **Shoulder-to-shoulder challenge**— legal, underused, and often the cleanest way to win a ball in a running duel
- **Timing beats aggression**— the best tacklers are not the most physical, they are the most patient. Win the ball at the moment it leaves the attacker's foot
- **Tackle to keep, not just to clear**— where the situation allows, win the ball into space you can play from
- **Foul management**— know the score, the time, the area of the field, and your own card count before you commit
- **Coach the fear out**— a hesitant tackler gets hurt more often than a committed one. Build confidence with progressive, controlled reps Teach the hierarchy in this order: position so you never need to tackle → contain and delay → poke or intercept → block tackle → shoulder challenge → slide, only as the last resort. Young defenders learn it backwards and slide first.

Cues: "Ankle locked, drive through it." · "Stay on your feet." · "Win it when it leaves his foot." · "If you must slide, take the ball not the man."

- **First defender**— pressure. Closest to the ball. Job: delay, force one way, prevent the forward pass and the shot
- **Second defender**— cover. Positioned behind and inside the first defender at a supporting angle. Job: cover the space if the first defender is beaten, and communicate constantly to the first defender
- **Third defender**— balance. Furthest from the ball. Job: hold the far side, track the switch, tuck in centrally, and see the whole picture
- **The covering angle and distance**— close enough to help, deep enough to cover the ball played past. Too flat and you are beaten by the same pass; too deep and the first defender is isolated
- Roles rotate with the ball. Every time the ball moves, someone becomes the first defender and everyone else adjusts. Train the transition between roles, not just the static shape
- **Doubling up**— when and how to commit a second defender, and what the rest of the unit does to cover that decision
- **Defending in pairs**— the two nearest defenders working as a unit is the building block of the whole back line
- **Screening**— the defender's body position cutting the passing lane behind them while still pressuring the ball

Cues: "Who's pressure, who's cover?" · "Angle and distance." · "Don't get flat." · "Ball moves, we move."

05 Pressing & the Block

- **Pressing triggers**— the moments the whole team goes. Teach these explicitly:
 - A backward or square pass
 - A bad or heavy first touch
 - A player receiving with their back to goal or facing their own goal
 - A pass to a weaker foot, or to a technically weaker player
 - A ball played into a wide area or toward the touchline
 - A slow, loopy or under-hit pass
- **Pressing traps**— deliberately leaving one option open to invite the pass, then swarming it. Usually the touchline
- **High press vs mid block vs low block**— what each looks like, what each costs, and when your team uses which. The back line's starting height changes completely between them
- **Press or drop?**— the single most important collective decision. If the first presser is beaten or the press is not compact, the answer is drop and reset
- **Pressing as a unit**— one player pressing alone is worse than nobody pressing. The trigger commits everyone
- **Defending against a build-up**— cutting the pass into midfield, forcing the long ball, and winning the second ball
- **Shifting as a block**— the whole unit sliding across with the ball, keeping the far side tucked in and the distances constant

Cues: "Trigger — go!" · "Press together or don't press." · "Force it wide, trap it on the line." · "Beaten? Drop and reset."

- ☐ Move as one. The back line steps, drops and slides together. One defender out of line breaks the offside line and opens the whole team
- ☐ **When to step up**— when the ball is under control by a defender, played backwards or square, or when the presser has the ball-carrier's head down
- ☐ **When to drop**— when the ball carrier is facing forward with time and space, and can play in behind. Step and drop are decisions, not habits
- ☐ **The offside trap**— how it works, who calls it, what has to be true before you spring it, and the risk if one player is late. It is a weapon, not a default
- ☐ **Holding a high line**— the space behind is the price of compactness. It requires an aggressive keeper (see the goalkeeper curriculum, Module 7), a fast recovering defender, and constant communication
- ☐ Compactness in two directions
 - **Horizontally**— the distance between the four defenders; the far-side defender tucks in when the ball is opposite
 - **Vertically**— the gap between the back line and the midfield line; close it by stepping up, not by the midfield dropping
- ☐ **Defending the long ball over the top**— reading the server's body shape early, turning and running with the striker rather than standing and watching, and knowing when to let the keeper take it
- ☐ **Defending the diagonal switch**— sliding early rather than sprinting late
- ☐ **Zonal principles for the back four**— defending space and picking up whoever enters it, rather than following a man everywhere Train it without a ball first. Walk the back line through step, drop, and slide until the movement is one unit. Then add a server, then add attackers. Compactness is a habit before it is a tactic.

Cues: "Step!" · "Drop!" · "Hold!" · "Slide with the ball." · "Squeeze — close the gap in front."

07 Aerial Duels & Defensive Heading

- ☐ **Win the position before the ball arrives**— the duel is decided by the two seconds before the jump, not the jump itself. Get body contact and get in front
- ☐ **Attack the ball**— move to meet it, never wait under it. The defender who jumps forward wins the ball the defender who jumps straight up does not
- ☐ **Take-off**— one-footed jump for height, lead knee driving up for elevation and protection, arms out for balance and legal space
- ☐ **Defensive heading technique**— contact with the forehead, eyes open, neck muscles firm, head driving through the ball. Aim for height, distance and width — never straight back into the middle
- ☐ **Timing the jump**— late and rising, not early and falling
- ☐ **Winning against a taller striker**— get in front and get body contact early, attack the ball first, disrupt the run rather than out-jump the jump
- ☐ **Legal physicality**— arms for balance and space, shoulder-to-shoulder contact, holding your ground. Not climbing, pushing, or arms in the back
- ☐ **50/50 balls**— commit fully; the half-committed defender loses the ball and gets hurt
- ☐ **Clearing technique**— first-time, high, wide and long when under pressure; controlled and out to a teammate when there is time. Know which situation you are in
- ☐ **The second ball**— after every aerial duel, someone must be reacting to where it lands. Assign it

Cues: "Get in front first." · "Attack it — don't wait under it." · "Knee up." · "High, wide and long." · "Second ball!"

- **As the cross is being delivered, get your head on a swivel**— the ball, then your man, then the space, then the ball. Defenders who ball-watch concede
- **Body position in the box**— open, side-on, so both the ball and the runner are in view. Never square to the ball with your back to your marker
- **Marking assignments**— who takes the near post, who takes the far post, who picks up the runner from deep, who covers the cut-back at the top of the box, and who is free to attack the ball
- **Attack the ball on the front foot**— defend the cross in front of your marker, not alongside them
- **Defending the cut-back**— the most dangerous ball in modern football. One defender must always drop to the penalty spot area rather than everyone getting dragged to the goal line
- **Tracking runners**— run with them, do not follow them; keep contact and stay goal-side and ball-side
- **Recovering defenders**— the ones sprinting back into the box are the ones who pick up late runners. Communicate to them
- **Blocking shots and crosses**— close the distance fast, get the body big and side-on, hands down and behind the body, never turn your back or jump
- **Working with the keeper**— when the keeper calls, everybody clears out. Agree the keeper's zone before the game (see goalkeeper Module 5)
- **Reset after every phase**— the second cross is usually the one that scores

Cues: "Head on a swivel." · "Ball and man." · "Someone at the spot!" · "Front foot — attack it." · "Keeper's! Clear out."

09 Centre Back Play

POSITION-SPECIFIC

- The partnership. The two centre backs are one unit with one rule: one steps, one covers. Never both step, never both drop
 - **Agree it before kickoff:** who is the aggressive stepper, who is the covering sweeper — and how that changes by side of the field
 - **Talk constantly to each other:** "I've got him", "you step, I'm behind you", "drop with me"
- **Marking a striker**— touch-tight when the ball is played to feet, dropping off when the ball can be played in behind. Know your striker's preferred foot and preferred movement
- **Front-foot defending**— intercepting and stepping in front of the striker to win the ball before it arrives, rather than waiting to react after they receive
- **When to follow and when to pass on**— follow the striker into midfield only when it does not break the line; otherwise pass them to the midfielder and hold your position
- **Stepping into midfield with the ball**— carrying it out of defence to break a line, and knowing when to stop and release
- **Defending the space between the centre backs**— the most dangerous channel on the field is the gap between them and the one between centre back and full back
- **Reading the game**— anticipating the pass before it is played is what separates a good centre back from a great one. Train scanning and early positioning, not just reactions
- **The ball-playing centre back**— passing range, the line-breaking pass, the long diagonal, and knowing when the risk is not worth it
- **Organising in front of you**— the centre back sees the whole field and is usually the loudest voice in the team (Module 14)

Cues: "One steps, one covers." · "Talk to your partner — every ball." · "Front foot — get there first." · "Mind the channel."

DEFENDING

- ❑ **The wide 1v1**— the full back's defining duel. Approach on an angle, get side-on early, use the touchline as your teammate
- ❑ Show inside or show outside? A decision made by the game plan, the cover behind you, and the winger's stronger foot — not by instinct. Whatever you choose, be consistent so the cover knows
- ❑ Defending an inverted winger cutting onto their stronger foot, versus an old-fashioned winger going outside
- ❑ **Tucking in**— when the ball is on the far side, the weak-side full back narrows and becomes an extra centre back. The most commonly missed habit at youth level
- ❑ **Recovery runs**— the full back covers more ground than anyone. Run the shortest goal-side path, not the path the ball took
- ❑ **Dealing with the overlap**— the winger and the overlapping full back is a 2v1; delay, protect the inside, and communicate for help
- ❑ **Defending the far post**— on a cross from the opposite side, the weak-side full back is the far-post defender

ATTACKING

- ❑ **Overlap vs underlap**— what each is, when to use each, and how it depends on where the winger has taken up position
- ❑ **When to go and when to stay**— scoreline, the rest-defence structure behind you, and whether the other full back has already gone forward
- ❑ **The inverted full back**— stepping into midfield to give a central passing option and improve the rest-defence shape
- ❑ **Crossing from wide**— the early cross, the cut-back, and the driven ball across the six-yard box; head up before you strike it
- ❑ **Receiving on the touchline**— open body shape, first touch forward or inside, never trapped facing your own goal
- ❑ **Wing back specifics**— in a back five the wing back covers the whole flank; the demands are higher physically and the defensive cover behind is different

Cues: "Touchline's your teammate." · "Ball's away — tuck in!" · "Shortest way back, goal-side." · "Head up before you cross."

11 Building Out & On the Ball

TECHNICAL

- ❑ **Scan before the ball arrives**— check the shoulder repeatedly while the ball is travelling. A defender who scans knows their first touch before they receive it
- ❑ **Open body shape**— receive half-turned so the whole field is in view. Never receive square with your back to the game
- ❑ **First touch out of the feet**— across the body, away from pressure, into space you can play from
- ❑ **Receiving on the half turn**— the quickest way to change the direction of an attack
- ❑ **Press resistance**— recognising the press early, knowing the free man before the ball arrives, and using the keeper as the spare player at the base
- ❑ **The build-up shape**— centre backs splitting wide, full backs high or inverted, the holding midfielder in the pocket, keeper as the +1
- ❑ **The line-breaking pass**— the pass that eliminates an opponent's line. When it is on, when it is not, and the disguise that makes it work
- ❑ **The long diagonal switch**— technique for the driven and lofted ball, and reading when the far side is genuinely free
- ❑ **Carrying the ball out**— driving into the space in front when nobody presses, and knowing the moment to release
- ❑ **The golden rule in your own third**: never play square across your own box. Forward, wide, or long — never across your own goal
- ❑ **Risk scale**— risk tolerance rises with distance from your own goal. A turnover on the halfway line is a transition; a turnover on your own 18 is a goal

Cues: "Check your shoulder." · "Open up before it comes." · "Out of your feet." · "Never square across your own box." · "Break the line."

- ☐ The first five seconds after losing the ball decide whether it becomes a counter-attack. Either counter-press immediately, or get organised immediately — the fatal option is neither
- ☐ **Counter-pressing**— swarming the ball in the moment of loss, while the opponent's first touch is still settling
- ☐ **Recovery runs**— sprint the shortest goal-side line, get inside the ball, and look over your shoulder as you run. Do not ball-watch while jogging back
- ☐ **Recovering into shape, not just recovering**— the run has a destination: your position in the block
- ☐ **Defending outnumbered**— 2v1 and 3v2:
 - Delay, delay, delay. Time is the only thing that fixes an overload
 - Defend the ball carrier and the most dangerous pass at the same time by positioning between them
 - Never commit to the tackle until help arrives or the pass is forced
 - Force the play wide and away from goal
- ☐ **Rest defence**— the shape the back line holds while the team is attacking, specifically to prevent counters. Who stays, where they stand, and how wide they are
- ☐ **Recognising the counter-attack early**— the defender who sees it first and starts running first usually saves it
- ☐ Second-ball reaction in midfield and on the edge of your own box

Cues: "Win it back now, or get set now." · "Shortest way home." · "Delay — help's coming." · "Who's the rest defence?"

13 Set Pieces

DEFENDING CORNERS & FREE KICKS

Know your system before the ball is placed: zonal, man-marking, or hybrid — and know your specific job in it Standard assignments: near-post zone, six-yard-box zone, the post(s), the biggest threat man-marked, the edge of the box for the clearance and the second ball, and one player forward for the counter

- ☐ **Body position while marking**— side-on, ball and man both visible, contact with your marker, goal-side and ball-side
- ☐ **Attack the ball, do not defend the ball**— the defender who moves forward to meet it wins it Watch for the near-post flick, the blocker/screen, the late runner from the edge, and the short corner
- ☐ **Defensive walls**— who is in it, who anchors it, who is the jumper, and who does not turn their back or jump out of it
- ☐ **Clear the first phase, then reset instantly**— push out fast and together to catch attackers offside
- ☐ **ATTACKING SET PIECES**— DEFENDERS ARE THE WEAPONS Your centre backs are usually the biggest players on the field; attacking corners is where defenders score their goals
- ☐ **The attacking header**— timing the run to arrive late, attacking the ball on the move, and heading down toward the goal Runs and routines — near-post flick, the blocker, the back-post overload, the edge-of-the-box pull-back
- ☐ **Get back**— after the set piece, the defenders who went up have to recover; know who stayed and who sprints

Cues: "Mark up!" · "Ball and man." · "Attack it — don't wait." · "Get out!" (after clearing) · "Head it down."

- ☐ **The six rules:** Early · Loud · Clear · Specific (use names) · Positive · Continuous
- ☐ Information before the ball arrives is coaching; information after it arrives is criticism
- ☐ **The back line has two organisers**— the goalkeeper and the central defender. Agree who calls the line and who calls the marks so two voices never contradict
- ☐ Left and right are called from the defending team's point of view — agree it with the keeper before kickoff
- ☐ **Talk between phases, not just in crisis**— reset the line and re-assign marks after every clearance

COMMAND MEANING WHEN TO USE IT

- ☐ **"Man on!" Pressure is on you now**— play one touch Teammate receiving with an opponent closing.
- ☐ **"Time!" You have space**— take a touch and look up Teammate receiving unpressured.
- ☐ **"Turn!"** You're free to turn and face forward Teammate receiving with back to goal, unmarked.
- ☐ **"Step!"** Back line pushes up together After a clearance, or when the ball goes backwards.
- ☐ **"Drop!"** Back line retreats together Opponent facing forward with time to play in behind.
- ☐ **"Hold!" Freeze the line**— nobody drops Setting the offside line; stopping one defender playing everyone on.
- ☐ **"Squeeze!"** Compress the gap to the midfield line Ball played backwards or sideways.
- ☐ **"Slide!" / "Shift!"** Whole unit moves across with the ball Ball moved or switched across the field.
- ☐ **"Tuck in!"** Far-side full back narrows toward the centre Ball on the opposite flank.
- ☐ **"I've got him" I am taking this attacker**— you cover Centre-back partnership, every time one steps.
- ☐ **"You step, I'm behind" Go and press**— I am covering the space The core partnership call.
- ☐ **"Away!" Clear it**— no risk, first time Under pressure in your own box.
- ☐ **"Runner!" Late run from deep**— somebody pick it up Crosses and set pieces especially.
- ☐ **"Behind you!"** Danger you cannot see Blind-side runner or ball into the space at their back.
- ☐ **"Mark up!" / "Pick up!"** Find your assigned player now Before every set piece, after every scramble.
- ☐ **"Delay!" Don't dive in**— hold him up, help is coming Teammate isolated or outnumbered.
- ☐ **"Show him wide!"** Force the attacker toward the touchline Wide 1v1 defending.
- ☐ **"Get out!"** Push out fast and together Immediately after clearing a corner or cross.
- ☐ **"Second ball!" React**— the ball is loose After any header, block, or clearance.
- ☐ **"Keeper's!" The keeper is coming**— clear out Called by the keeper; defenders must obey it instantly. Coaching method: Run a phase of play where every repetition requires a verbal command before the ball is played, and stop the drill whenever a call is missing or late. The commands only matter when they are automatic under fatigue.

- ☐ **Speed, acceleration and deceleration**— defenders need the ability to stop and change direction as much as they need top speed. Train braking, not just sprinting
- ☐ **Recovery speed**— repeated sprint ability over a match, not a single fast 40
- ☐ **Strength and duels**— holding position, shoulder-to-shoulder contact, and using the body legally
- ☐ **Concentration for 90 minutes**— a defender can do everything right for 89 minutes and lose the game in the 90th. Train the habit of talking to stay switched on
- ☐ **Handling mistakes**— own it, reset, next action. A defender who sulks concedes twice
- ☐ **Confidence and presence**— the back line reads its leader constantly
- ☐ **The most common defending mistakes to hunt for:**
 - Diving in / lunging at the first opportunity
 - Getting square, or standing flat-footed
 - Ball-watching in the box and losing the runner
 - The far-side full back failing to tuck in
 - One defender out of line, breaking the offside trap
 - Jogging back instead of sprinting the recovery
 - Playing square across your own box
 - Not communicating between the two centre backs

Cues: "Brake, then break down." · "Talk to stay awake." · "Own it and go again." · "Next action."

16 Pro Film Study

- ☐ **Watch with a job. Give each player one thing to watch for**— body shape, the moment of engagement, the covering angle — not "watch this defender"
- ☐ Watch the defender off the ball. Most of what makes an elite defender elite happens before the ball comes anywhere near them
- ☐ **Benchmarks worth studying:** Van Dijk (positioning, reading the game, defending without tackling) · Maldini (1v1 technique and tackling without fouling) · Saliba (recovery speed and calm) · Dias (organising and duels) · Alexander- Arnold (full back on the ball) · Hakimi and Davies (attacking full backs) · Puyol and Ramos (aggression and leadership)
- ☐ **Film your own players and review with the same framework**— the youth game-review videos in the library show the method
- ☐ **Review structure:** what happened → what was the decision → what were the alternatives → what would you do next time
The point is not to copy the highlight, it is to copy the habit. Van Dijk's best defending is a step taken two seconds early. That is what the players should be looking for.

SESSION PLAN — 90 MINUTES, BACK LINE

Built for a back four plus one or two spares. Where a block needs attackers, use the resting defenders or borrow forwards. Individual technique early, unit work late — the unit work only holds up once the individual habits are in. If you run short on time, protect these four in order: stance and approach (M1), delay and don't dive in (M2), the step/drop/slide unit movement (M6), and communication under live pressure (M14). Building out and set pieces move to another day.

TIME	BLOCK	CONTENT & COACHING FOCUS
0:00–0:10	Warm-up & movement	Raise, mobilise, activate. Add defensive footwork: side-shuffle, drop step, brake- and-break-down, change of direction. No contact yet.
0:10–0:20	Stance & approach Module 1	Shadow work with no ball — side-on stance, approach and brake. Then passive 1v1s at half pace. Correct posture and arrival speed before anything else.
0:20–0:35	1v1 defending Modules 2, 3	Live 1v1s in a channel. Force one way, delay, no diving in. Then add the tackling hierarchy: contain → poke → block. Score the defender on delay, not just on wins.
0:35–0:45	Aerial duels Module 7	Served balls: get in front, attack it, head for height/distance/width. Progress to contested 1v1 aerials, then 2v2. Assign a second-ball reactor every rep.
0:45–0:55	Pairs — pressure & cover Module 4	2v2 in a channel. First defender presses, second defender covers, roles swap as the ball moves. Demand the "I've got him / you step, I'm behind" call on every repetition.
0:55–1:10	Back line as a unit Modules 6, 14	Walk the line through step, drop, slide with no ball. Then a server plays balls across the width and over the top; the line moves as one. Add attackers last. Every movement is called out loud.
1:10–1:20	Crosses & the box Module 8	Crosses from both flanks into a live box with the keeper. Marking assignments, head on a swivel, someone at the penalty spot for the cut-back. Reset for the second cross.
1:20–1:30	Transition & recovery Module 12	3v2 into 2v1 continuous. Delay when outnumbered, sprint the shortest recovery path, recover into shape. Finish with a live phase of play if numbers allow.
1:30–1:35	Cool-down & debrief Modules 15, 16	Mobility. Each player names one thing they improved and one focus for next session. Assign one film-study clip as homework.

POST-SESSION EVALUATION

Rate 1 (needs rebuilding) to 5 (a strength). One specific note per player — a number without a note is useless next week. CB = centre back items, FB = full back items.

COMPETENCY	RATING	NOTE
Stance & approach	1 2 3 4 5	
1v1 defending & delay	1 2 3 4 5	
Tackling & discipline	1 2 3 4 5	
Cover & supporting angles	1 2 3 4 5	
Line discipline (step/drop)	1 2 3 4 5	
Aerial duels & heading	1 2 3 4 5	
Defending crosses / box	1 2 3 4 5	
CB — partnership & marking	1 2 3 4 5	
FB — wide 1v1 & tucking in	1 2 3 4 5	
Building out / on the ball	1 2 3 4 5	
Scanning & body shape	1 2 3 4 5	

COMPETENCY	RATING	NOTE
Recovery & transition	1 2 3 4 5	
Set pieces (both ends)	1 2 3 4 5	
Communication	1 2 3 4 5	
Concentration & mentality	1 2 3 4 5	
Priority for next session	1 2 3 4 5	
Companion to the Goalkeeper Training Curriculum & Session Checklist — the two are designed to be coached together, and the command vocabulary	1 2 3 4 5	
in Module 14 is deliberately shared with the goalkeeper's Module 9. Prepared for a U16–U19 back line.	1 2 3 4 5	