



soccer stop™  
northern colorado

**Exercise:** 4D's (Delay, Deny, Direct, Destroy)

**Set Up:** One 6yd X 12 yd rectangle per 4-players

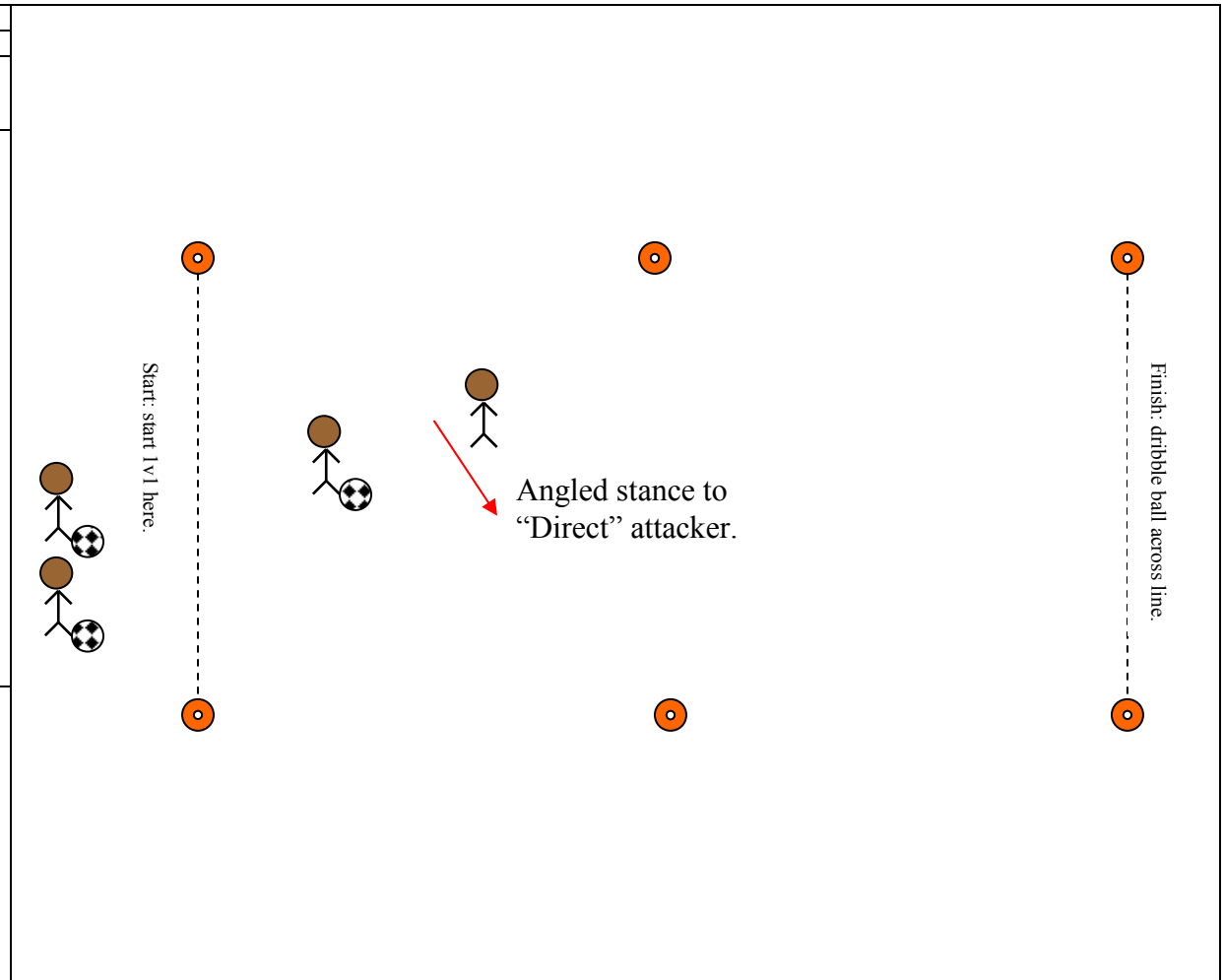
**Method:** Offensive player w/ a ball attempts to dribble across a Finish Line at opposite end of rectangle without being stopped by defender. Defender becomes an attacker if attacker does not successfully cross the opposite line.

**Skills to Teach:**

1. Delay. Defender keeps a bent-knee stance, and approaches the attacker quickly to close down the space, then retreats slowly as attacker advances. Defender is to SLOW the attacker w/out stabbing at the ball.
2. Deny. Defender positions their body to deny the attacker from: a) easy advancement into a larger space, b) a direct shot on goal, and c) a pass. The defender maintains a bent-knee stance and is ready to continue slowly retreating. If there is no threat of a shot or pass, then proceed to Direct the attacker.
3. Direct. Defender is to position their body at an angle to direct the attacker to a smaller space, toward a boundary line, away from a pass, or away from the goal. The defender maintains a bent-knee stance and is ready to continue slowly retreating at an angled direction w/out allowing attacker to move into a larger space behind them.
4. Destroy. Once the defender has, in order, slowed the attacker (Delayed), taken away threats of a shot/pass (Denied), and Directed the attacker into a small/safe space, then the defender can commit to an AGGRESSIVE effort to tackle and gain possession (e.g. Destroy the threat!)
5. Defender is at an advantage, and has succeeded with Delay, Deny, and Direct if the attacker turns away from the "Finish Line".

**More Challenge/Variation:**

1. Add a small physical goal at the Finish Line. The physical goal gives defender the chance to deny a potential shot taken by the attacker.
2. Send two attackers against one defender. This is much more challenging, but gives the defender the chance to also deny a pass.



Exercises are provided FREE of charge and are to be used only as a guide.

p. 970.223.8800  
f. 970.223.8801

locally owned & operated  
140 e. boardwalk drive, unit m  
fort collins, co 80525

www.soccerstopnc.com