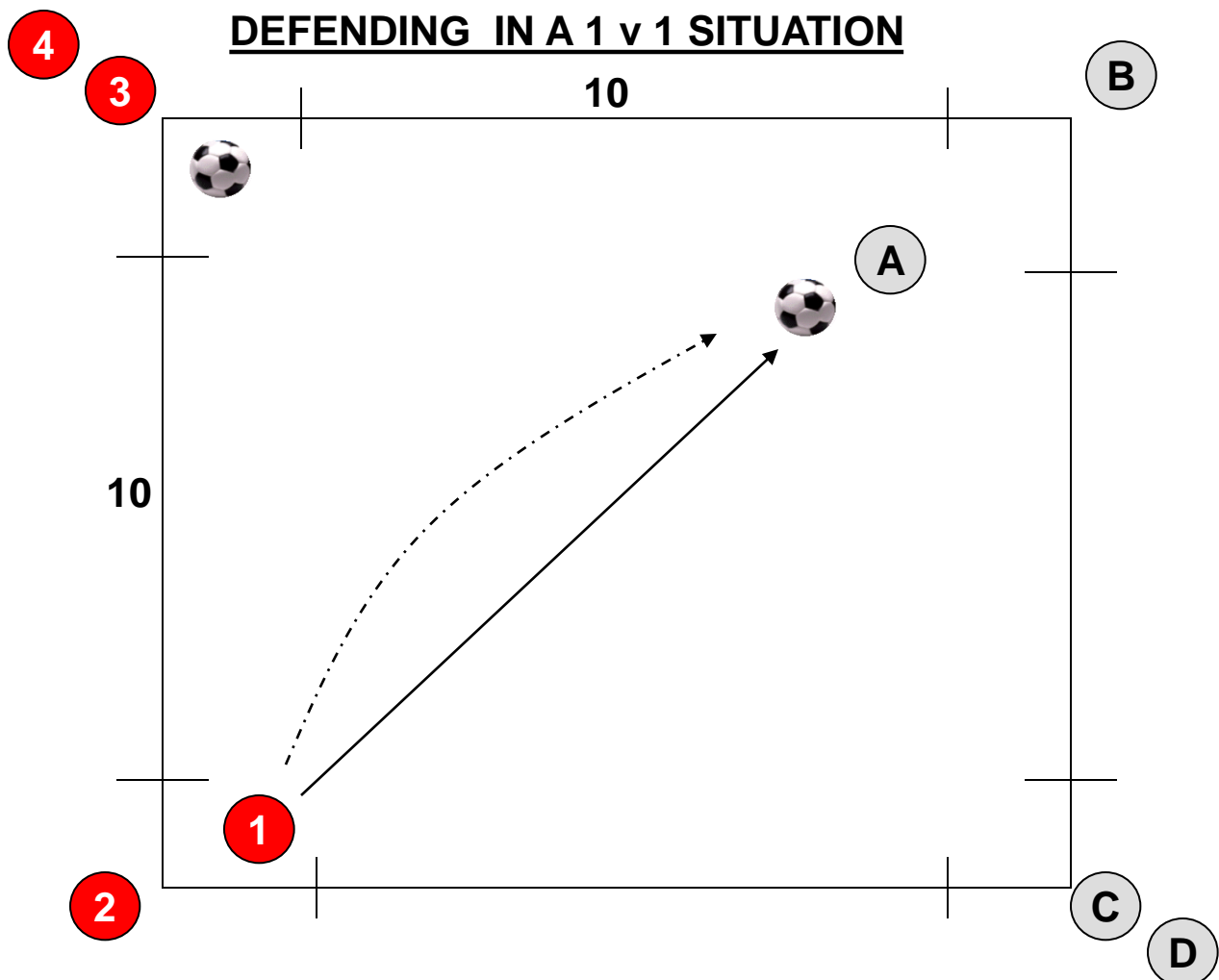
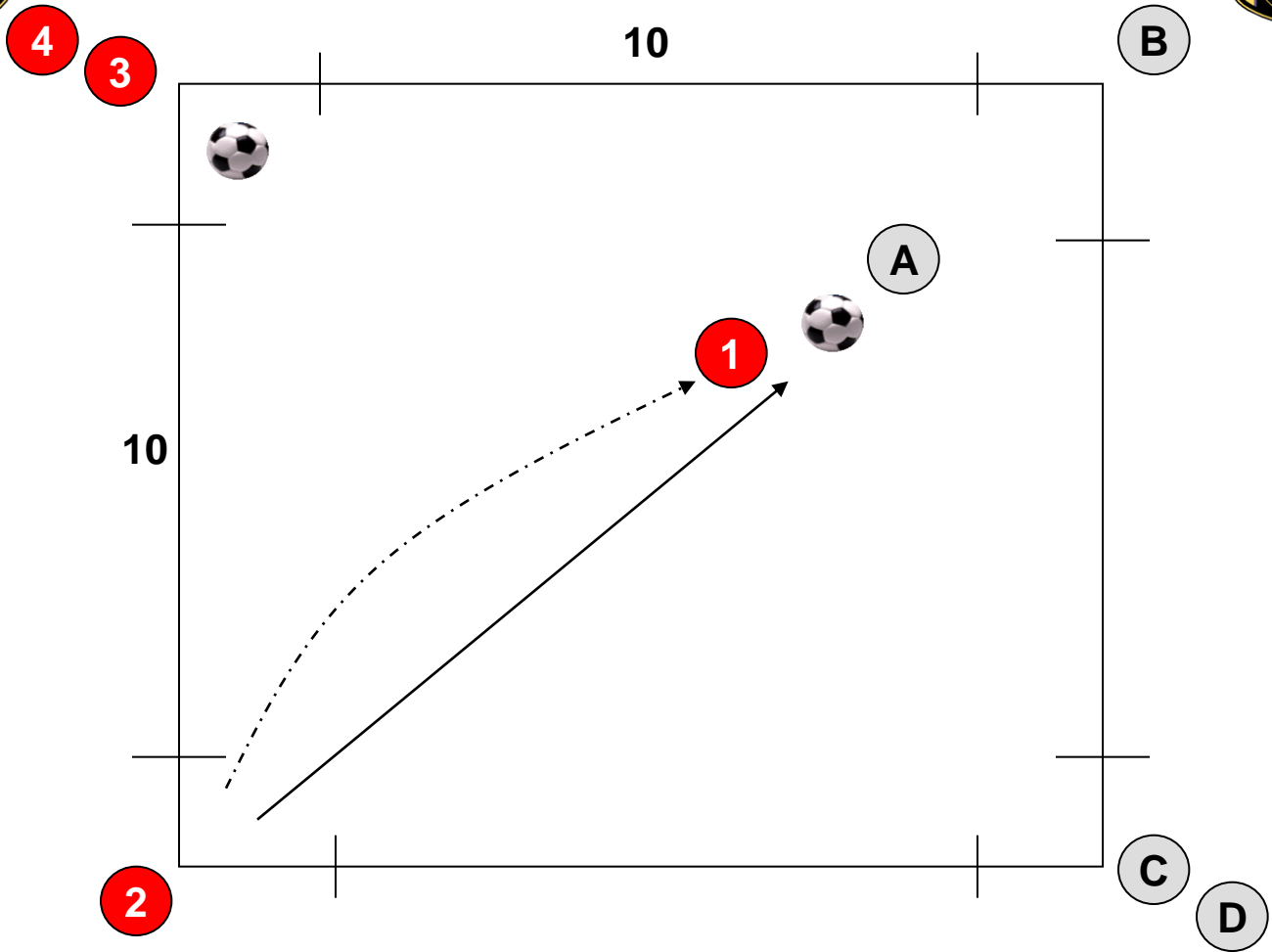




COACHING POINTS OF INDIVIDUAL DEFENDING

1. **Travel as fast** as possible as the ball travels to close down opponent.
2. **Close** the opponent down with a curved run forcing the player the way you want them to go (if you have time to do so).
3. **Slow down** the last few yards, get balanced, bend knees, sideways on stance forcing the play your way, slow the attacker up (making play predictable).
4. **Feint to tackle** – use your front foot this forces the opponent to protect the ball and ultimately look down at the ball and away from you the defender (also prevents awareness of where support players are in a game situation). Try to steal with front foot.
5. **Watch the ball** not the player so you aren't thrown by body movement.
6. **Stay on your** feet and be patient, your chance will come to win the ball if you go to ground you give the initiative to the attacker.





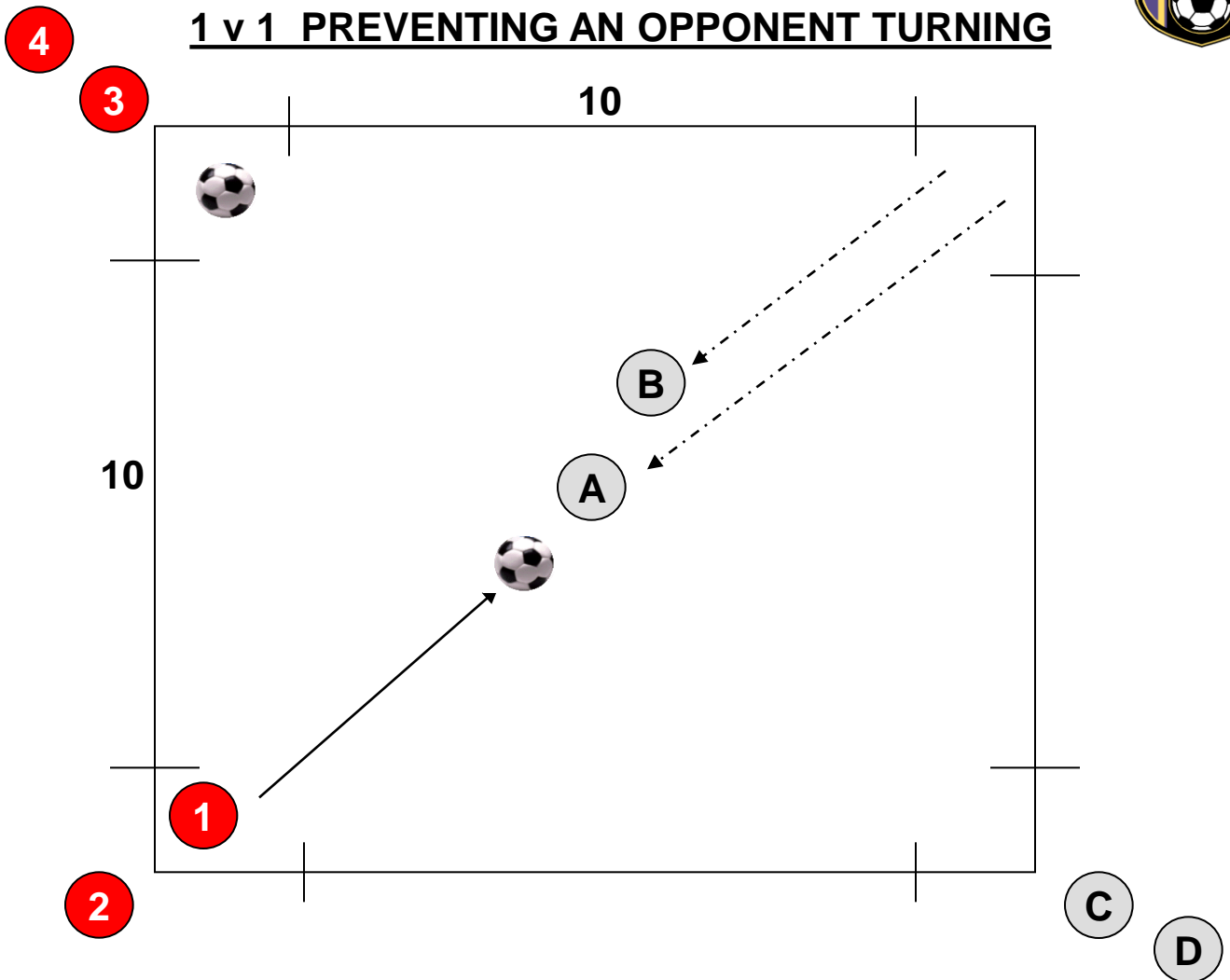
7. Think about the way you want to player to go, it can be onto your opponents weakest foot or to the side you are strongest and most confident to tackle on. It can depend on the side there is less space to work in for the attacker to restrict their movement and options and to make play predictable.
8. Encourage the players to not only win the ball but also to maintain possession of it if they can. In this session they can win it and try to score into the other goal as a reward for gaining possession. In this instance both players will get a chance to practice defending in the same sequence.

Session Plan

- a) Receiver (A) tries to score through defender (1)'s goal.
- b) Work both sides and alternate numbered players and lettered players.
- c) All players get the chance to attack or defend.
- d) Encourage and praise good defending.
- e) Correct the faults.
- f) Step in and demonstrate to **show** the players what is needed if required,



1 v 1 PREVENTING AN OPPONENT TURNING

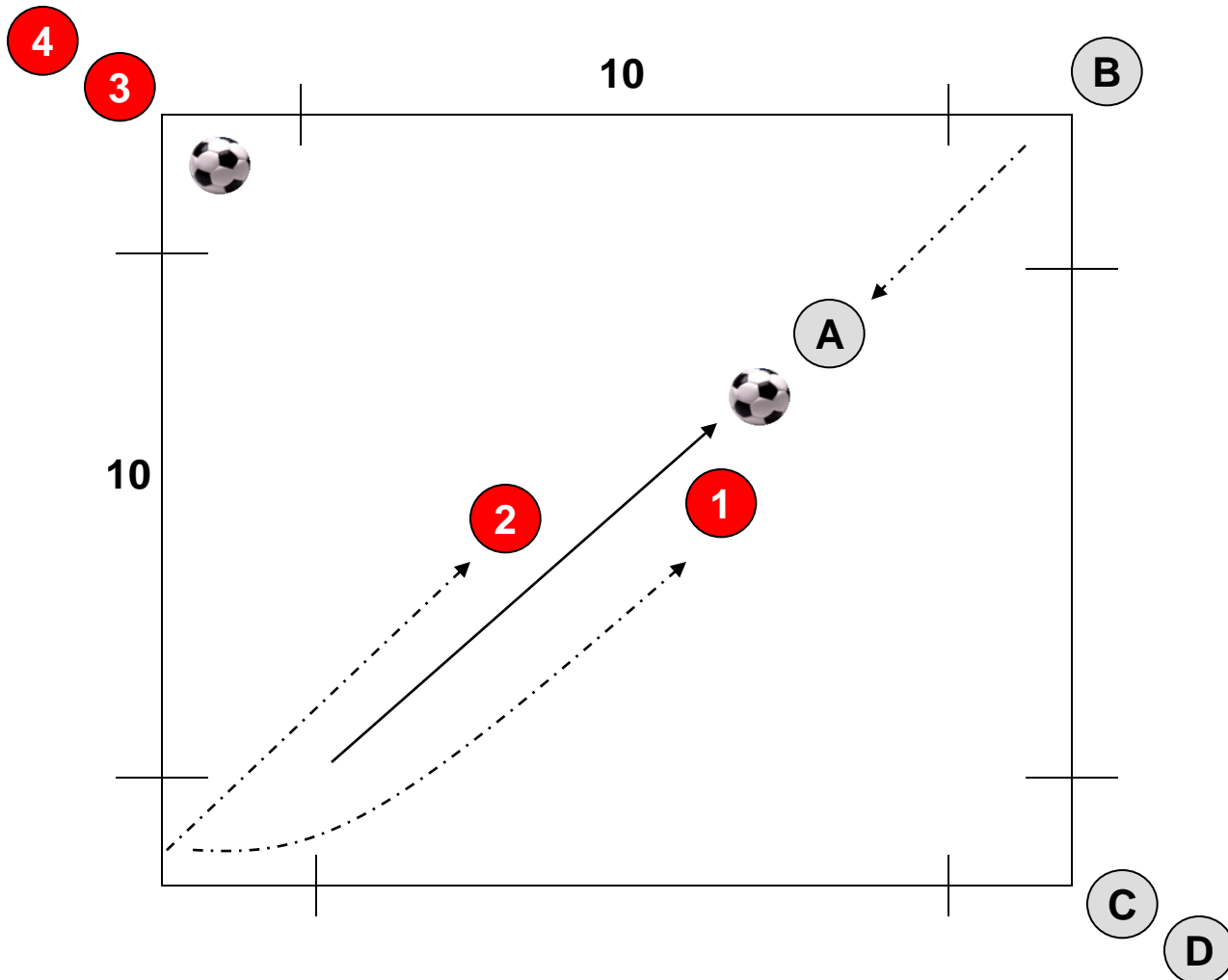


1. (1) passes to (A), (B) closes down and stops (A) from turning and scoring. Previous coaching points but also get touch tight to attacker. You can judge the distance by actually touching the back of the player.
2. Move with the player to maintain the same distances between you, if the attacking player goes back away from your goal, keep the same spacing between you by moving with them, not allowing them to turn and face you by increasing the distances between you both.
3. If the distance between you is too far away the attacker can and will turn and face up to you creating a 1 v 1 situation which is a great advantage to the attacker. Too close and the attacker can spin off you using the feel of your body as momentum to spin away quickly into space behind you.
4. The time to tackle is when the attacking player is half turned and consequently not protecting the ball with their body. Until then be patient and wait for the moment to strike. If you result in forcing the attacker to pass the ball back you have done your job effectively but if it results in you either taking the ball off them by kicking it away or better still winning the ball and maintaining possession you can then turn defense into attack.



DEFENDING WITH A 2 v 1 ADVANTAGE

PRESSURE AND SUPPORT



Session Plan

1. (1) passes to (A) and closes down quickly with (2) in a support position.
2. (1) closes down (A) with a curved run forcing the attacker to have to play towards the supporting player (2) thus creating a 2 v 1 situation in favor of the defenders.
3. The two defenders between them should be able to create a situation where they can win and also maintain possession of the ball.



4. **Coaching points include:**

a) **Support Angle** : 45 degrees to the pressuring player.

b) **Support Distance** : close enough to be able to affect the ball if the pressuring player is beaten.

c) **Communication** : the supporting player can advise the pressuring player where to force the attacking player to go. A simple command is best such as right or left or right shoulder, left shoulder so the pressuring player knows where the support is behind them.

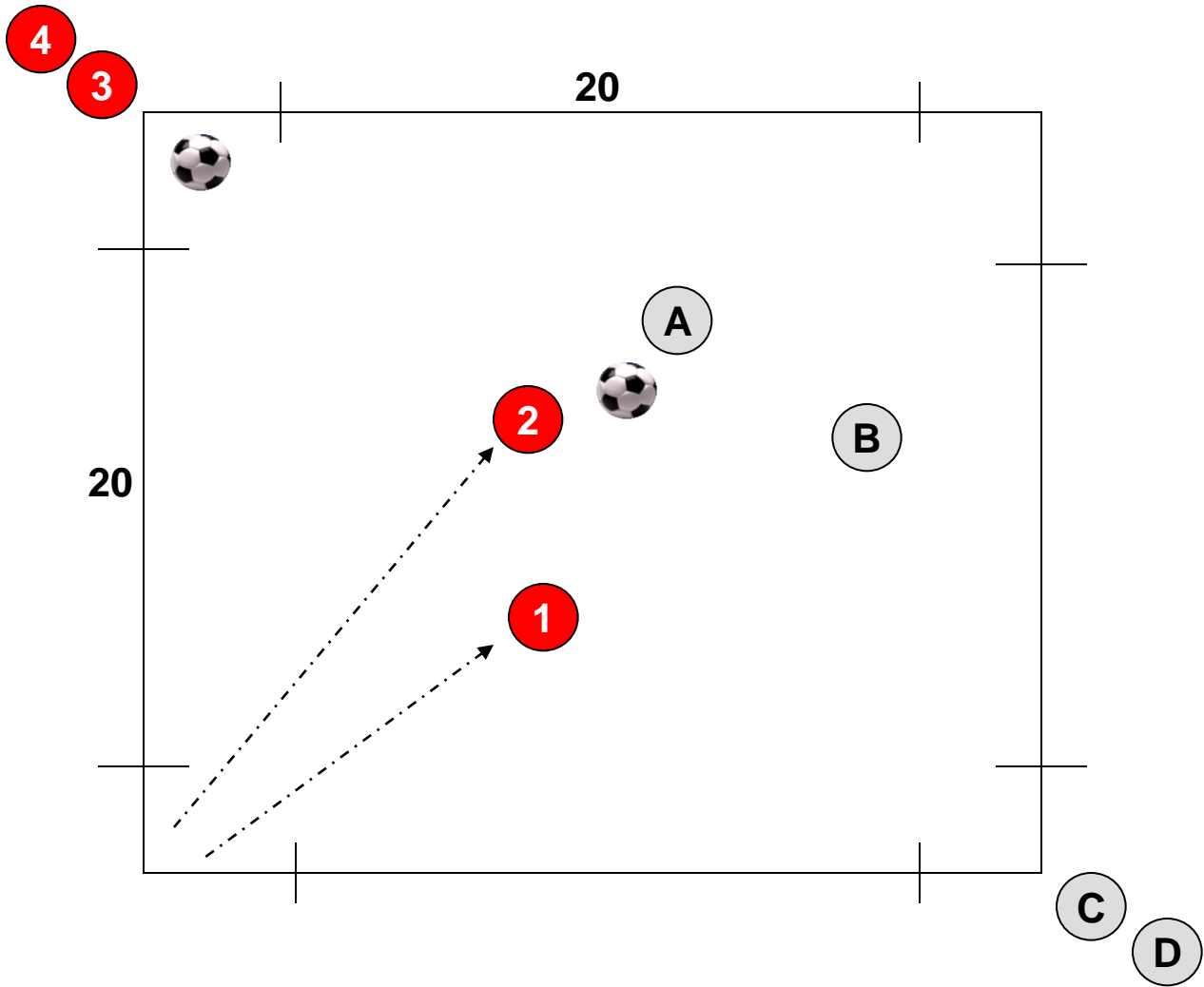
d) The run of the pressuring player (body language) may dictate to the supporting player where to go also; if the pressuring player makes a curved run to show the attacker to the left then the supporting player will take up a position to support on that side. They must react off each other. There isn't always time for the supporting player to pass on information telling the pressuring player which side to show the attacker so this is a two-way communication situation, the pressuring player using body language and the support player using speech to communicate with each other.

5. In terms of the distance of support a factor to consider is the type of player you are up against; is the player quick, is the player a good dribbler? If the player is quick and the pressing player and the supporting player are close then the ball can be kicked past both of them in one movement to beat them. If the player is a good dribbler and the two defenders are far apart then the player can beat the first defender and have room to work to beat the second defender also. Therefore the correct distance between the two defenders is vital for them to be successful, not too close and not too far apart, 3 to 5 yards would be about right to cover both instances.

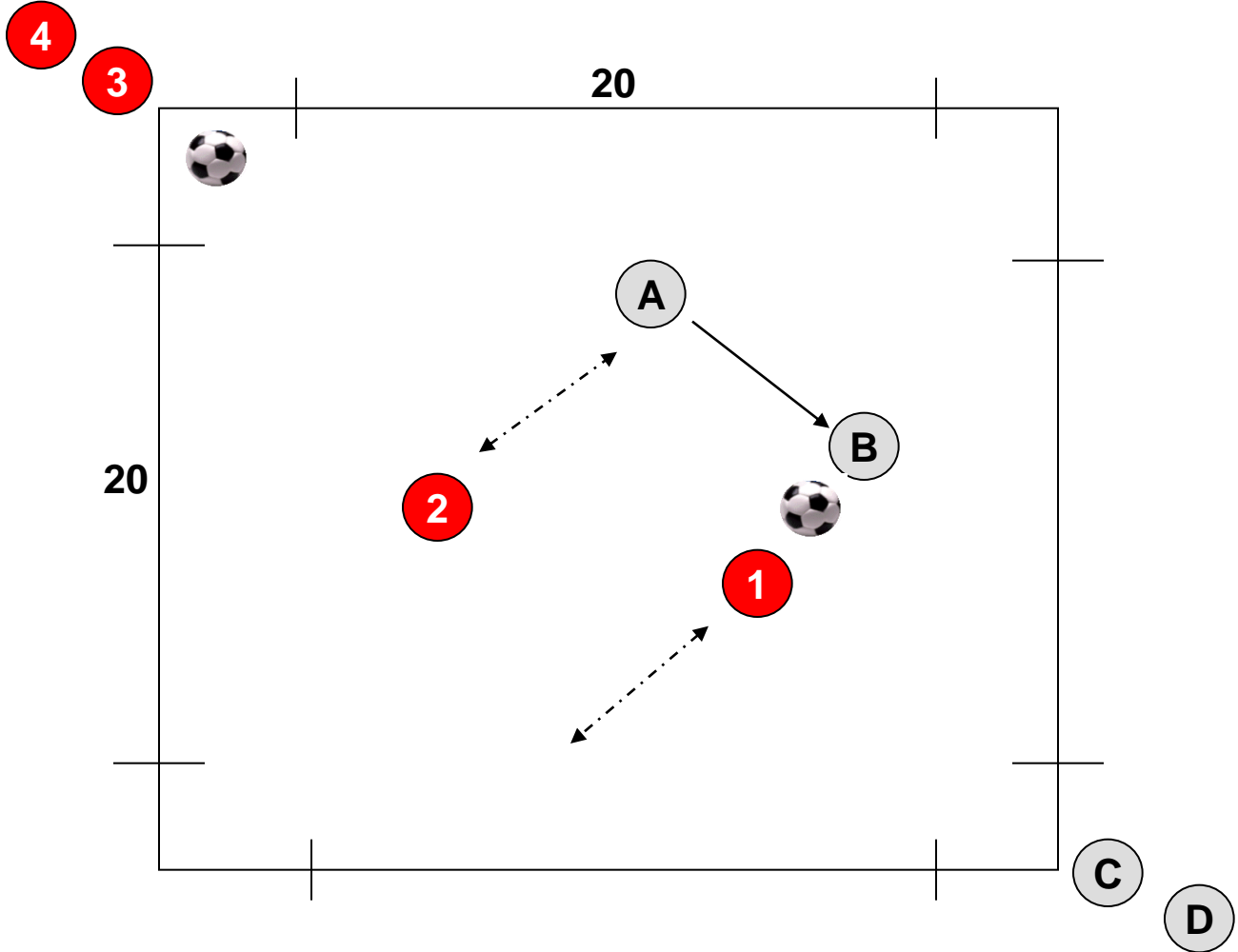


DEFENDING IN A 2 v 2 SITUATION

PRESSURE AND SUPPORT



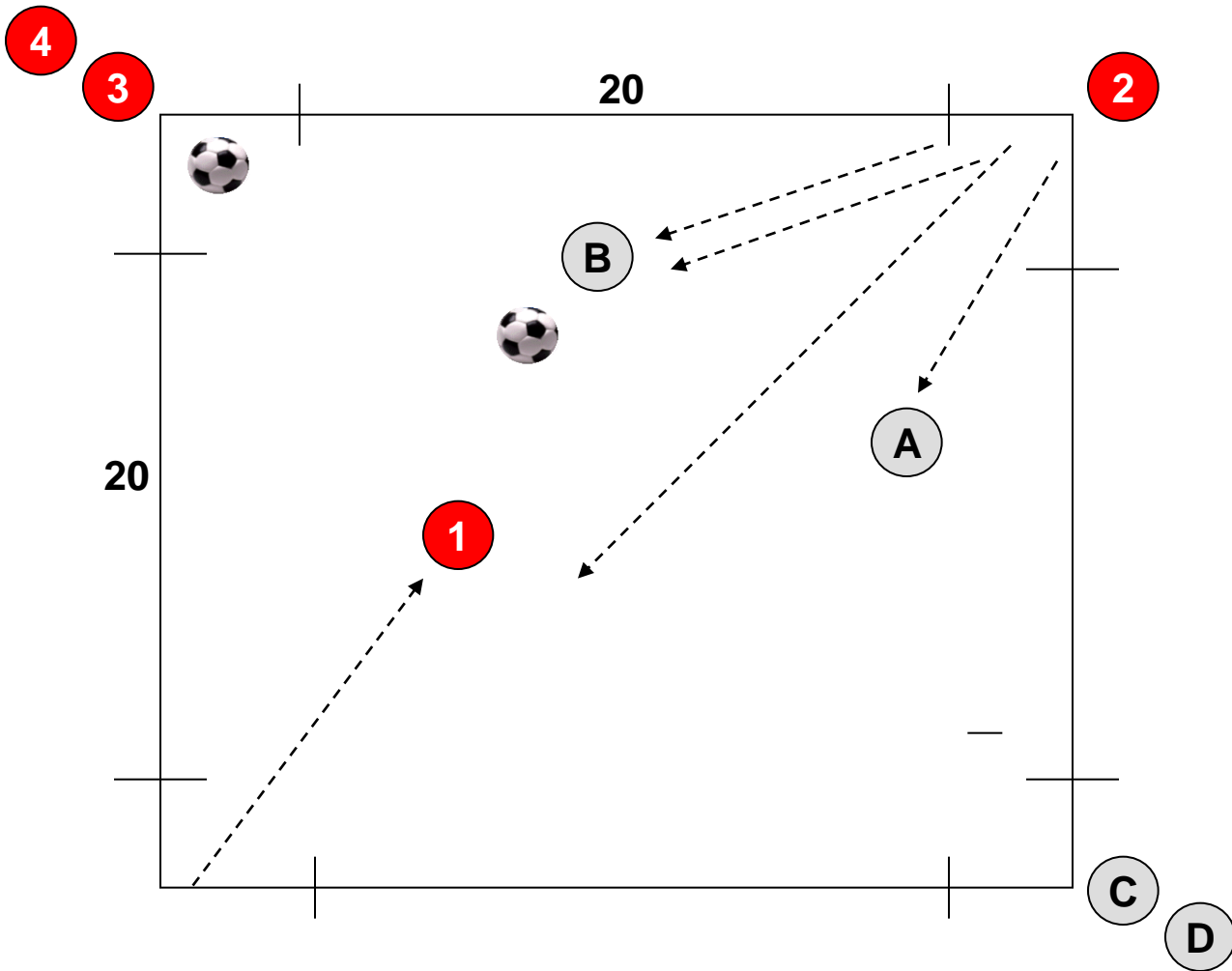
1. **Develop:** 2 v 2 with (B) joining in. In a 2 v 2 show the “piston effect” of support movements as the ball travels. Also consider that the closest player can close down the ball as it travels from player to player (discussed later).
2. (2) closes (A) down and shows **inside** to the support player. (1) supports at a 45 degree angle but is also screening (B). In the 2 v 1 situation (1) only had to think about supporting (2) but now there are two things to consider; supporting (2) and screening the position and movement of (B).
3. Distance of support depends on the position on field and the speed and ability of opponent. The support player can give verbal direction but also can take a position off the way the pressure player shows the attacker to go as previously discussed. It can depend on which happens first, the body position of the pressing player forcing the play one way or the verbal direction of the support player advising forcing the attacker towards their position.



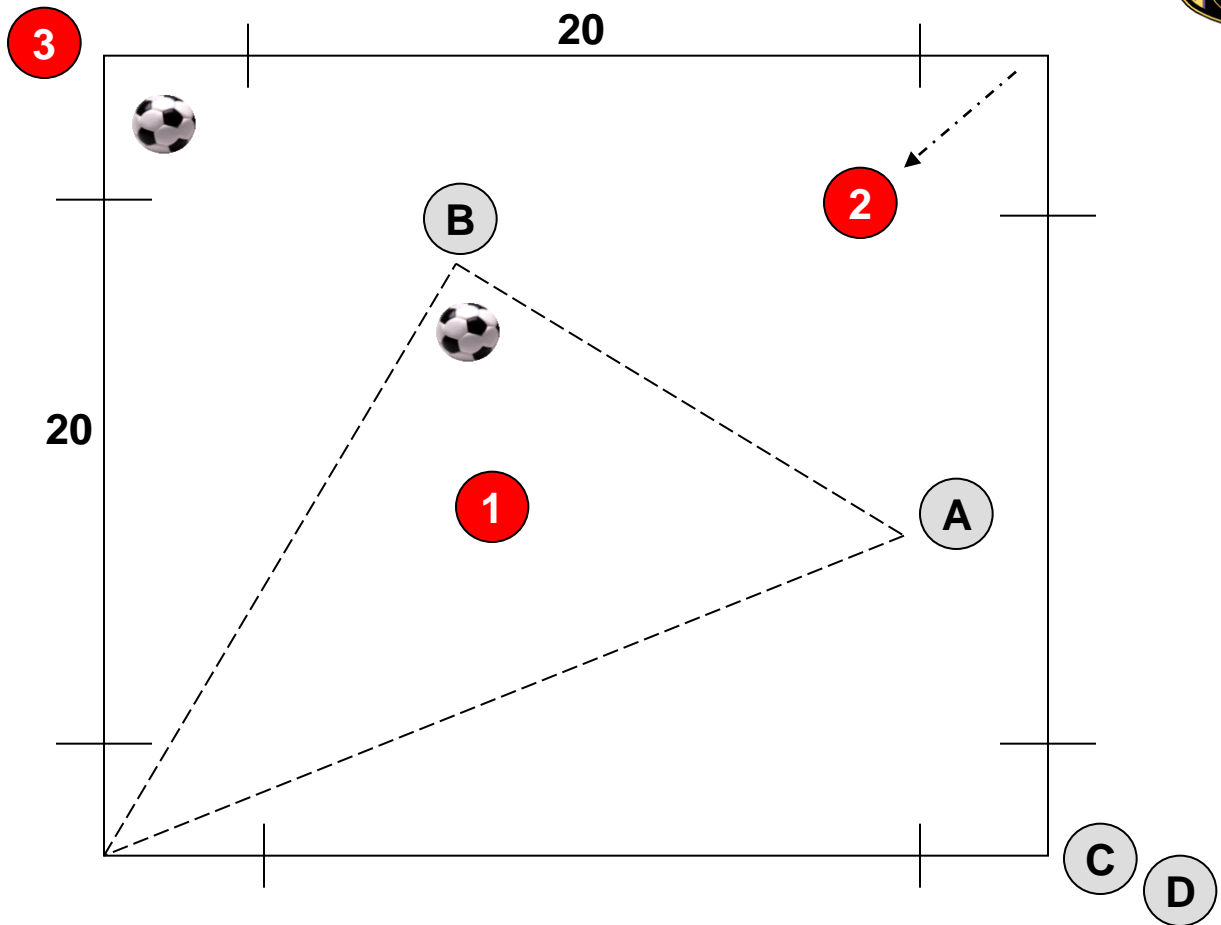
4. (A) is on the ball, (2) pressures and (1) supports, at the same time shadowing (B).
5. (A) passes to (B), (1) and (2) adjust their positions as shown, now (1) pressures and (2) drops back into a support position, but at the same time shadowing (A).
6. (2) can also close down (B) if closer than (1) as an alternative.
7. (B) passes back to (A) and overlaps, adjustment can be as above i.e. (1) marks (A), (2) shadows (B)'s run so defenders don't have to cross over.



DEFENDING 1 v 2 : DELAYING AND RECOVERING



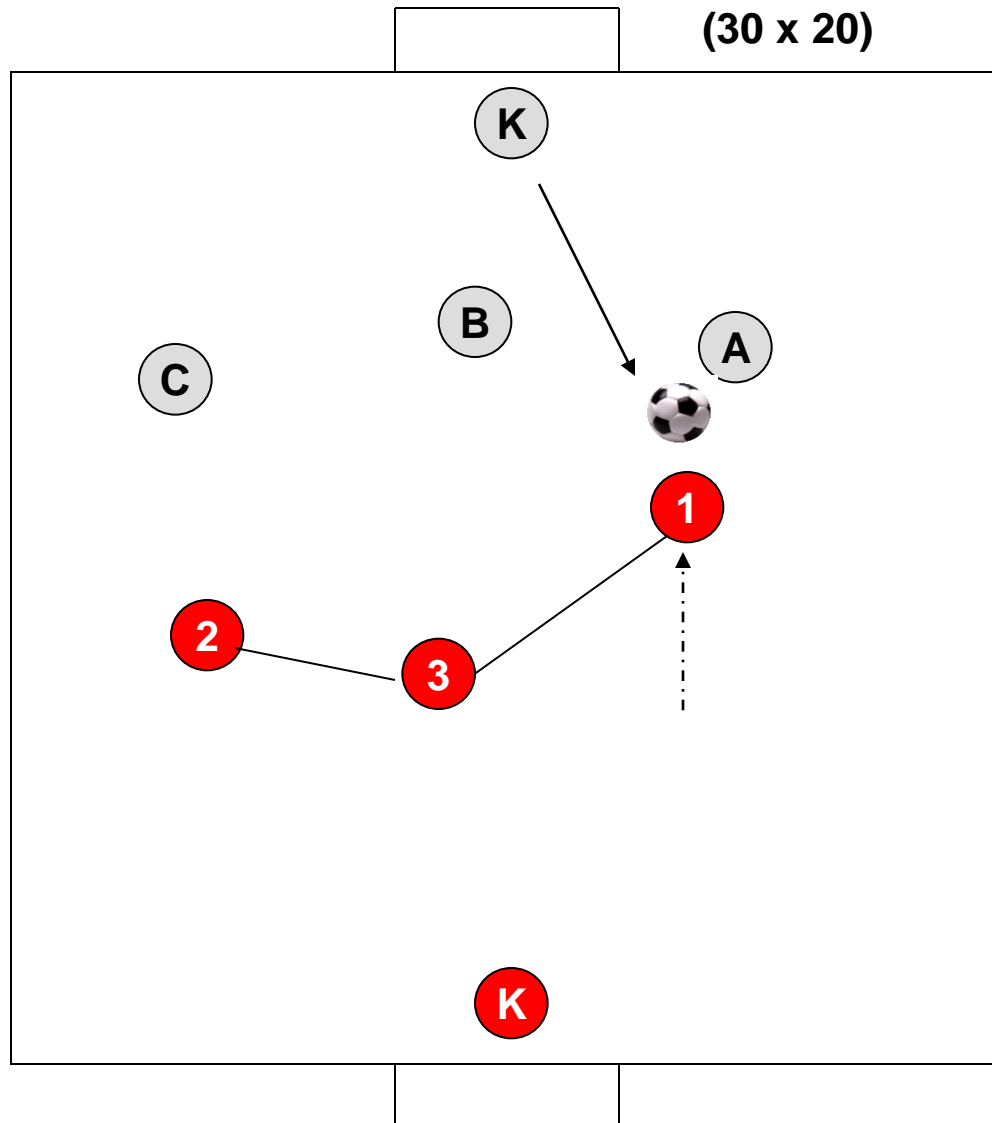
1. (1) must **delay** the forward motion of the two attackers until (2) can join in. You can condition it to 5 seconds before (2) can join in to help.
2. (1) takes up a position between the player on the ball, the attacking support player and the middle of the goal to keep the defensive balance. The purpose is to delay (A) and (B); hold them up until (2) can get into a position to support and create a 2 v 2.
3. (2) makes a recovery run along the shortest route (along a line to the center of the goal) to get into a support position for (1).
4. Alternatively (2) can double up on (B) and attack the ball from the opposite side to (1). The diagram above shows both recovery runs that (2) can make.
5. As (2) is getting into a support position for (1), this is the signal for (1) to put full pressure on (B). Previous to this (1) was in a delaying position between the two players encouraging them to pass the ball to each other but keeping it in front. (2) can also offer information as they recover; “you press the ball” for example to (1).



1. (1) takes up a position inside the guiding triangle. The guiding triangle is determined by the position of the ball, the supporting player and the goal. Here a balanced position between the ball, the support player and the center of the goal has been achieved by (1).
2. (1) must constantly adjust position to accommodate the movement of the player on the ball and the support player with the view of keeping the ball in front.
3. To help the defender, because there is no keeper in the goal, the attackers have to run the ball into the goal. If it were just a case of passing it into an empty goal it would be almost impossible for the defender to stop this. The reality is that in a game the defender if caught in a 2 v 1 against would at least have the keeper in goal to help.
4. (1) above positions slightly towards the side to invite a pass from (B) to (A) to help delay their forward movement. As the ball is played across, if (1) can't intercept the pass then at least the ball has been kept in front. The secret is not to get too close to either player as this invites a pass in behind, (1) must maintain depth to avoid this. If (1) was confident enough and a good enough defender then a 1 v 1 situation could be created by closing quickly and showing (B) outside using the body position to block off a pass to (A) and at the same time trying to win the ball. This would be the least likely course of action to take if there is the chance of delaying and getting help.



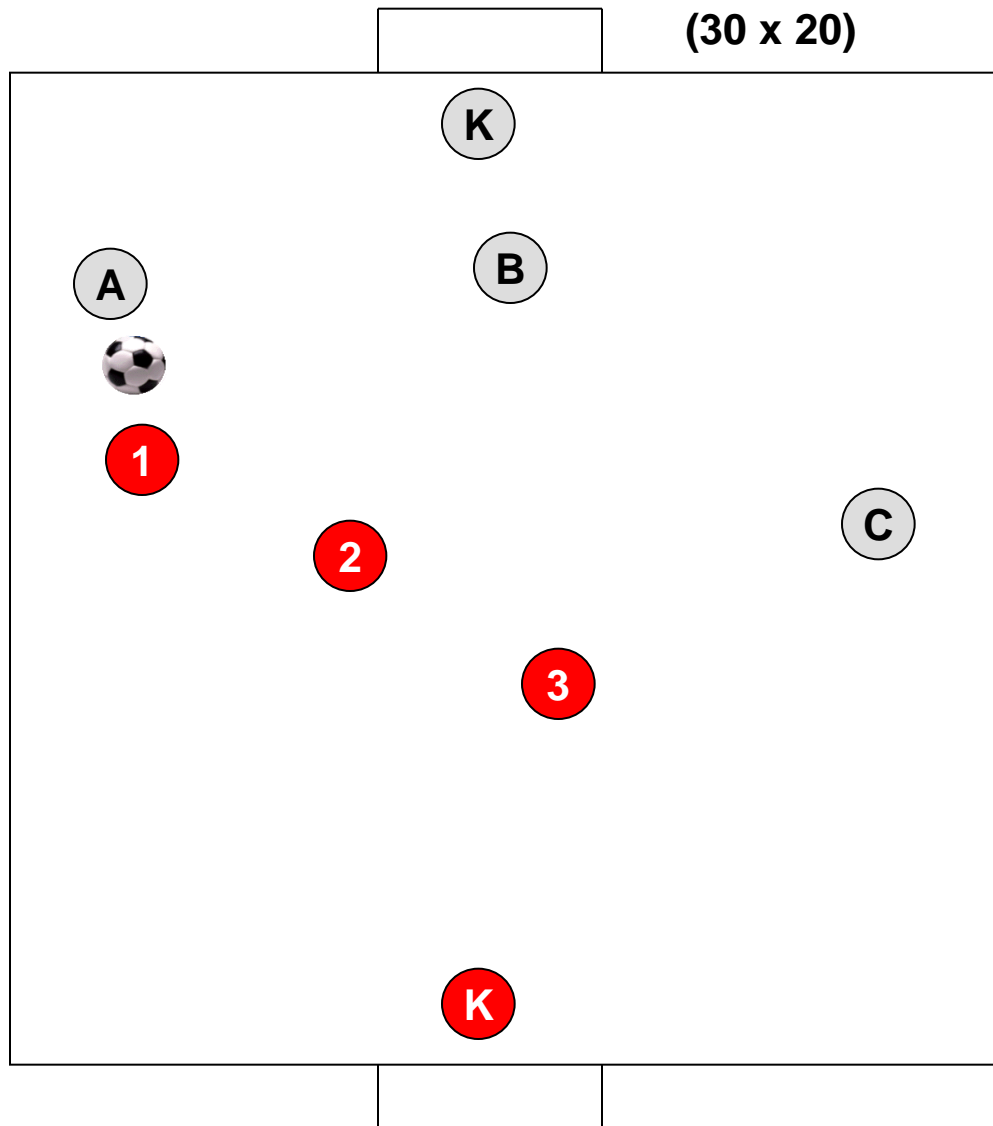
DEFENDING IN A 3 v 3 + KEEPERS SITUATION



1. Player nearest the ball pressurizes the ball with teammates in support and covering positions depending on the positions of the opposition and the ball. Dealing here with first, second and third defender scenario, looking at pressure, support and cover / balance positions of the defending team. Introducing recovering and tracking principles of defending later.
2. **Coaching Points** :
 - a) Mark space (zone play) then **pressing** the ball, (1) closes down (A) quickly.
 - b) Making play **predictable** - show the player on the ball inside or outside depending on where the **support** is. If outside then (1) has to be confident of winning the ball because this can result in a 1 v 1 situation.
 - c) Shape of the team (**covering / balancing** positions).
 - d) **Recovering** and **Tracking** - getting back behind the ball either into space or tracking a run from an opponent.



- e) Double Teaming.
- f) Compactness.



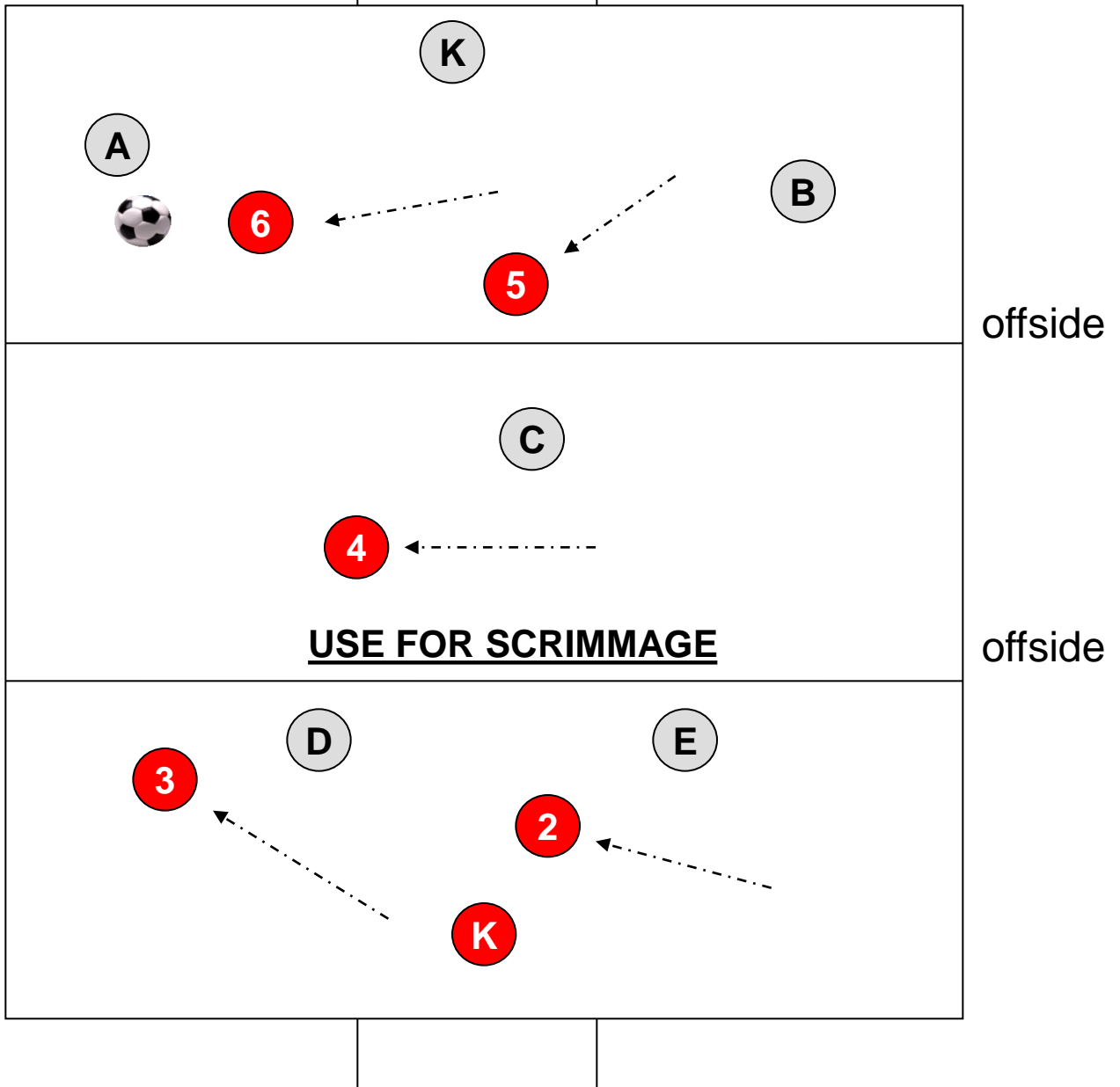
1. Here the attacking team have tried to spread out the defending team and create bigger spacing between them which can be effective and is what the team in possession should attempt to do.
2. The defending team have worked to the first three defending principles of pressure (1), support (2) and cover / balance (3) and try to stay as close together as possible to fill the immediate spaces around them whilst being in a position to close down their immediate opponents whom they are responsible for.
3. Notice (3) takes up a deeper position for any ball played in behind or long in a covering position for (1) and (2) whilst also being responsible for (C) should the ball go to this player.



DEFENDING IN A 6 v 6 SITUATION

SHOWING OUTSIDE

(60 x 40)



1. Playing offside from the 20 yard line at each end (defensive third). All previous coaching points apply. Introduce getting **compact** from the back; playing offside from the thirds trains the players minds to start to develop this aspect of play. Defending team make play predictable by forcing play down one route.

Key factors of Defending are :

- a) **Pressure** (Keeping play in front, delaying or winning the ball).
- b) **Support** (Angle / Distance / Communication).
- c) **Cover / Balance** (marking zones and / or players).
- d) **Recover** (getting goal side of the ball).



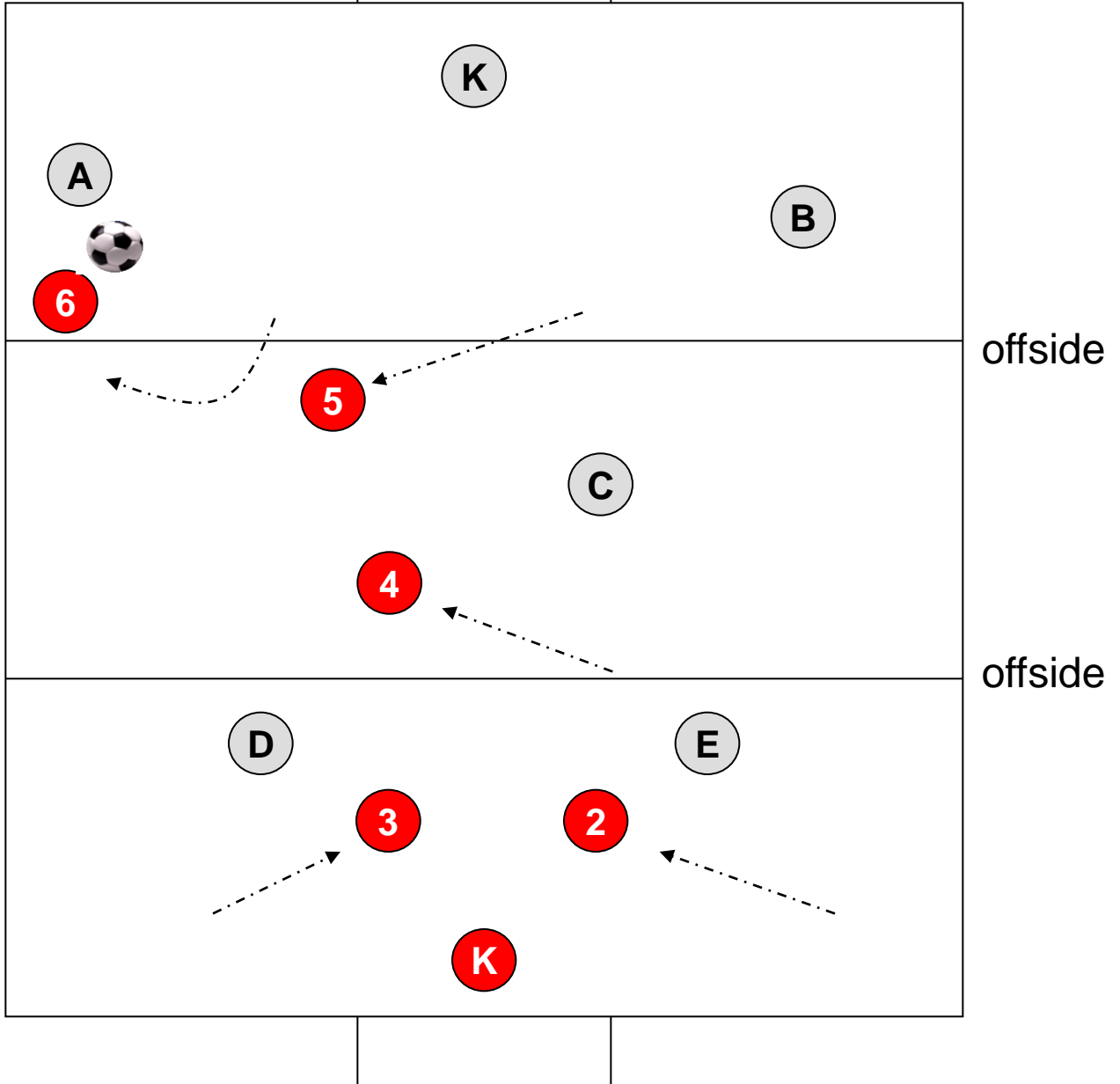
e) **Tracking** (opponents runs).

f) **Double teaming** and **treble teaming** (2 or 3 players closing down the same player on the ball from different angles).

g) **Compactness** (On regaining possession players pushing out from the back).

SHOWING INSIDE

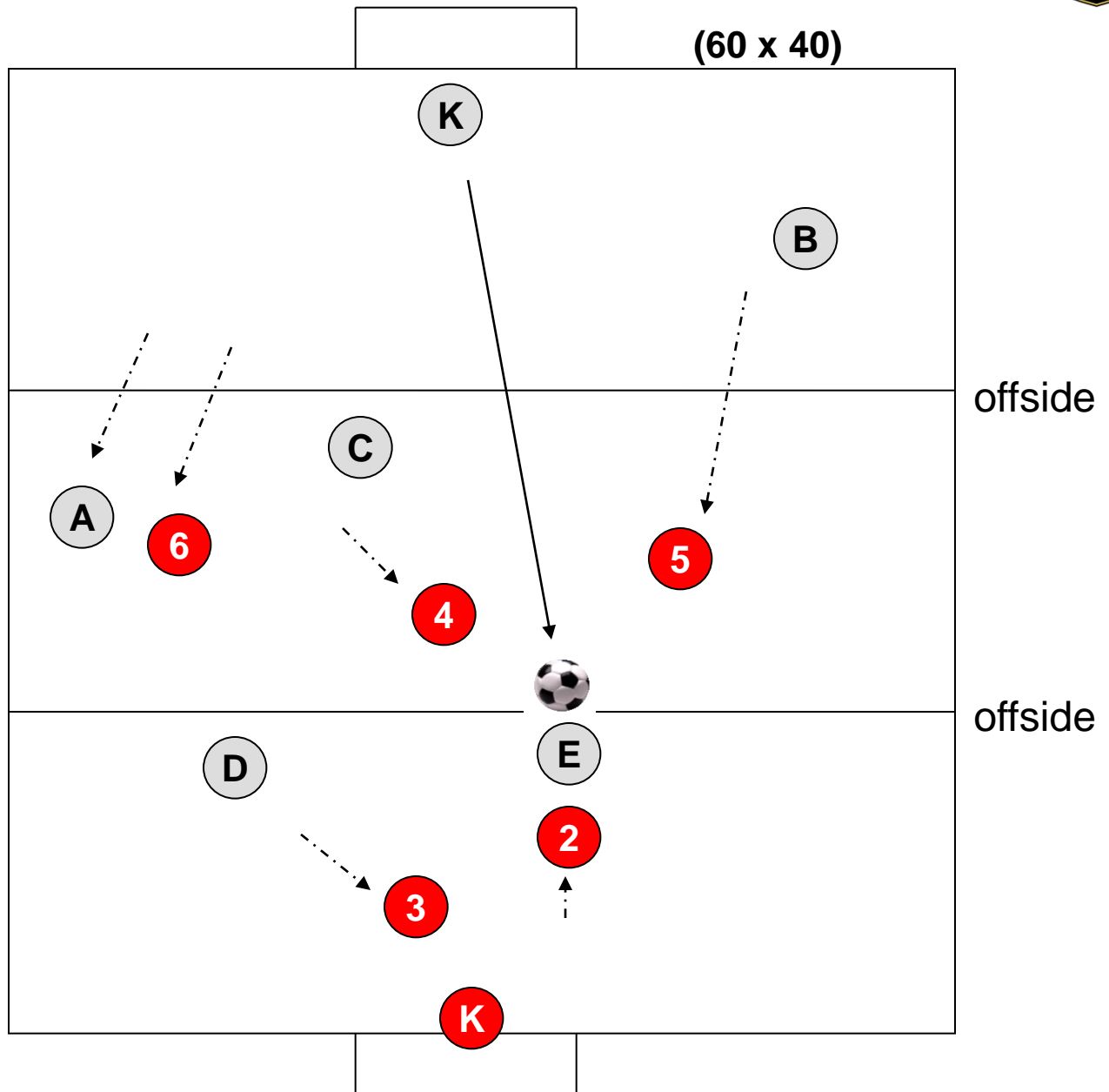
(60 x 40)



1. (6) shows inside to numbers, stops the pass down the line and players adjust accordingly. Try to force (A) to play across to (B) and give (5) a chance to intercept.
2. (4) supports (6), covers (C) and screens the pass (marks space) into the front men ready to intercept.
3. (5) could even double team with (6), close at an angle so the pass to (B) is screened. If (5) steps up to double team so must (4) (3) and (2) to compact the space



SHOWING ALL KEY COACHING POINTS



1. Now have the keeper play the ball into the strikers and work on the defenders (2) and (3) pressing and supporting bringing in the other key coaching points as they happen. This is the same idea as that used with (5) and (6) but in front of this the other players may need to deal with tracking runners, recovering back to help the defenders, maybe doubling teaming with (2) in the above situation and so on. Above are examples of what can happen with the defending teams players; (2) **presses** the ball, (3) drops into a **support** position, (5) starts a **recovery run**, (6) **tracks** the forward run of (A), (4) **doubles up** on (E) to help (2) win the ball back or at least try to force (E) into making an error and lose the ball.
2. Finally once the defending team win the ball back they obviously will look to play the ball forward at the earliest option and this will result in the team moving up the field from the back and the defenders at least getting up to the offside line at the limit of the defending third (this is **condensing play** from the back creating **compactness**).