



DEFENDING PRINCIPLES- PART 2

Category: Functional: Defender
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
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Description

7v5 DEFENSIVE SHAPE WITH RECOVERING PLAYER.

PROTECT THE GOAL- RECOVER

DESCRIPTION:

- 7v5 DEFENSIVE SHAPE WITH TRANSITION TO SMALL TARGET GOALS.
- COACH DISTRIBUTES BALL TO ATTACKING PLAYERS.
- AS SOON AS BALL IS IN PLAY, DEFENDING PLAYERS ARE ACTIVE.
- AFTER 10-15 SECONDS, COACH ALLOWS ANOTHER DEFENSIVE PLAYER TO RECOVER INTO PLAY CREATING A 7v6 SCENARIO.
- ATTACKERS TRY AND SCORE- OFFSIDE RULE APPLIES.
- DEFENDERS ATTEMPT TO CONTAIN, WIN BACK POSSESSION AND TRANSITION INTO SMALL GOAL.
- ROTATE BOTH ATTACKING PLAYERS AND DEFENSIVE PLAYERS.

COACHING POINTS:

-CLOSE THE SPACE QUICKLY:

ESTABLISH A DEFENSIVE POSITION WITHIN THE AREA WHICH OFFERS BEST PROTECTION FOR THE GOAL AND IS IN RELATION TO DEFENSIVE TEAM MATES.

-DON'T COMMIT UNLESS CERTAIN OF SUCCESSFUL CHALLENGE:

STAY DISCIPLINED REGARDING SHAPE IN RELATION TO TEAM MATES. CONTAINING ATTACKING PLAYERS WITH DISCIPLINED PLAY WILL LIMIT ATTACKING OPTIONS.

-CONSIDER BODY SHAPE WHEN ADDRESSING ATTACKING PLAYERS:

ALWAYS BE IN A DYNAMIC BASE POSITION. BE READY TO MOVE EXPLOSIVELY TO CHALLENGE ATTACKING PLAYER. DICTATE WHERE YOU WANT ATTACKING PLAYER TO GO, DEPENDING ON SITUATION AND COMMUNICATION.

-CLEAR AND CONCISE COMMUNICATION FROM DEFENSIVE PLAYERS/KEEPER:

"SHOW INSIDE. STEP UP. LOCK IT IN. NO GAPS."

GENERAL PRINCIPLES WHEN DEFENDING:

-CLOSE THE SPACE OF THE DIRECT PLAY CHANNEL AND ORGANIZE MARKING:

PROTECT THE GOAL!

-CREATE NUMERICAL ADVANTAGE OVER OPPONENTS.

-UNDERSTAND WHAT PHASE OF THE GAME YOU'RE IN; UNDERSTAND WHAT ARE OF THE FIELD THAT PHASE IS:

WHAT RISKS CAN BE TAKEN? WHAT IS THE OBJECTIVE OF THAT PARTICULAR PLAY.

-UNDERSTANDING WHEN TO APPLY PRESSURE AND WHEN TO CONTAIN:

IT'S OKAY TO ALLOW OPPONENTS POSSESSION IF THE GAME IS IN FRONT OF YOU.

-DETERMINE IF AND WHEN IT'S POSSIBLE TO LOCK OPPONENTS INTO ONE AREA OF THE FIELD:

CAN DEFENDING PLAYERS DICTATE WHERE THEY WANT OPPONENTS TO PLAY AND FILTER THE FLOW OF PLAY INTO THAT AREA?

-STEP UP AT EVERY AVAILABLE OPPORTUNITY:

LOOK FOR TRIGGERS WHICH OFFER THE BACK 4 TO OPPORTUNITY TO STEP UP, LIMITING THE SPACE FOR THE ATTACKERS TO PLAY.

-TRIGGERS:

A BACKWARDS PASS. A CARELESS 1ST TOUCH, ETC.

-STAY CONNECTED WITH DEFENSIVE TEAM MATES IN RELATION TO GOAL:

DON'T ALLOW LARGE GAPS BETWEEN FULL BACKS AND CENTER BACKS. PRIMARY FOCUS IS ON DEFENDING THE GOAL!

-UNDERSTAND YOUR ROLE WITHIN THE TEAM WHEN DEFENDING AND UNDERSTAND THE ROLE OF YOUR TEAM MATES WHEN DEFENDING:

IF FULL BACK APPLIES PRESSURE TO WIDE ATTACKER WITH BALL, THEN CENTRAL DEFENDERS UNDERSTAND THEIR ROLE WHICH INVOLVES APPLYING COVER TO FULL BACK.

OPPOSITE FULL BACK UNDERSTANDS HIS ROLE AND TUCK'S IN APPLYING COVER.

IF CENTRAL DEFENDER STEPS OUT TO ADDRESS A CENTRAL ATTACKER, BOTH FULL BACKS AND OTHER CENTRAL DEFENDER MUST KNOW THAT COVER AND PROTECTION MUST BE APPLIED.

-DEFENDERS MUST ALWAYS BE ORGANIZING.



