



## DEFENDING PRINCIPLES- PART 3

Category: Functional: Defender  
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club  
Jamie Smith, Commerce, United States of America

### Description

BASIC PRINCIPLES OF DEFENDING AS AN INDIVIDUAL AND WITHIN A TEAM.

### 1v1, 2v2, 3v2- TO RECOVER (80 mins)

#### DESCRIPTION:

- 3v2 TO GOAL WITH KEEPER.
- COACH DISTRIBUTES BALL TO ATTACKING PLAYERS.
- AS SOON AS BALL IS IN PLAY, DEFENDING PLAYERS ARE ACTIVE.
- ATTACKERS TRY AND SCORE- OFFSIDE RULE APPLIES.
- DEFENDERS ATTEMPT TO CONTAIN, WIN BACK POSSESSION AND PLAY FORWARD.
- 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 MATE.*

##### -DON'T COMMIT UNLESS CERTAIN OF SUCCESSFUL CHALLENGE:

*STAY DISCIPLINED REGARDING SHAPE IN RELATION TO TEAM MATE. 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 AREA OF THE FIELD THAT THE PHASE IS IN:

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

*WHEN PLAYED TO WIDE ATTACKING PLAYER, CLOSEST DEFENDER APPLIES RESERVED PRESSURE AND TEAM MATE OFFERS COVER/SUPPORT.*

*WHEN CENTRAL ATTACKER HAS BALL, DEFENDERS POSITION THEMSELVES WHERE THEY CAN ADEQUATELY COVER ALL 3 ATTACKERS (CENTRAL PAIRING).*

