



DEFENDING PRINCIPLES- PART 1

Category: Functional: Defender
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
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Description

6v7/7v7 TO GOAL WITH TRANSITION

OPPOSE OPPONENT PROGRESSION- REBALANCE

DESCRIPTION:

- 7v7/6v7 WITH SMALL TARGET GOALS.
- COACH DISTRIBUTES BALL TO ATTACKING PLAYERS. COACH CAN OCCASIONALLY ALLOW KEEPER TO START WITH BALL.
- AS SOON AS BALL IS IN PLAY, DEFENDING PLAYERS ARE ACTIVE.
- ATTACKERS TRY AND SCORE INTO SMALL GOALS- OFFSIDE RULE APPLIES.
- DEFENDERS ATTEMPT TO CONTAIN, WIN BACK POSSESSION AND TRANSITION INTO LARGE GOAL.



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. IF BALL CAN'T BE TURNED OVER BY HIGH PRESSURE, PLAYERS SHOULD DROP DEEPER, NARROW OFF AND CONTAIN PLAY WITH OPPONENT POSSESSION IN FRONT.

-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.

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

-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 DEFENDING PLAYERS AN 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 WIDE PLAYERS AND CENTRAL PLAYERS. 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 WIDE PLAYER APPLIES PRESSURE TO WIDE ATTACKING PLAYER WITH BALL, THEN CENTRAL PLAYERS

MUST UNDERSTAND THEIR ROLE WHICH INVOLVES APPLYING COVER. IF CENTRAL PLAYER STEPS OUT TO ADDRESS A CENTRAL ATTACKER, OTHER DEFENSIVE PLAYERS MUST APPLY COVER BY NARROWING OFF.

-DEFENDERS MUST ALWAYS BE ORGANIZING AND COMMUNICATI