



Defensive Shape

Category: Tactical: Defensive principles
Difficulty: Difficult

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Description

Defending and shape of the back four including the holding midfielder

Cohesion of Back 4 (20 mins)

Objectives

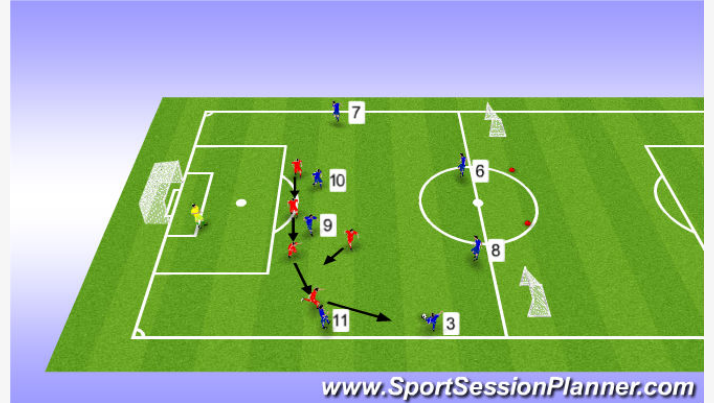
Train the chain reaction of the defenders and defensive midfielder to apply immediate pressure on the ball and retain a compact formation, with numerical superiority, making sure the spaces between the lines are compact.

Coaching points

1. Principles of Defending, with Support and Cover
2. Distances between the Defending Units
3. Body shape of defenders, allowing continuous scanning and awareness of attacking players

Progression

1. Add more attacking players, so defending players are not drawn out of shape
2. Add 2 Defending CM, so that a defensive block is formed in the middle
1. Short distances between the players and synchronised movements
2. Defending shape of the body
3. Make play predictable with regards to direction of the ball
4. Communication between defending players, when to press



Synchronised Movement of Defenders (20 mins)

Objectives

Synchronised movement of Defenders and midfielders to apply immediate pressure to win the ball back.

Coaching Points

1. Try win the ball if possible
2. Delay the play and determine the direction of the play
3. Win the ball and immediately try find the # 9 in the zone to counter attack.



Defending Session - Build up from the back (20 mins)

Objectives

Attacking phase of Defending, once the ball goes over the Goal Line, we play out from the back. It is important we maintain possession and shape. As it is important to be able to attack directly after winning the ball, so a defending session must have an attacking component

Coaching points

1. Movement of players prior to receiving the ball, look for correct foot, body shape, technical and tactical aspects
2. Passes to break the opposition units and lines
3. Maintain balance when in possession, that is the movement of the players not in possession, always be asking yourself "What if?", What if they striker loses the ball, what if the midfielder loses the ball..etc
4. Quick and positive decision making



