

Description

basic team shape defending in a 4-4-2 with three variations - high- medium- low block defending

Screen 1

Organization - blues defending vs reds inside the red half 10 vs 10 outfield players

Field Set up - half pitch

Detail - the ball is passed/thrown to the left back from the keeper- as the ball is travelling the wide right midfielder for the blues angles their run to eliminate the pass to the red wide left midfielder- the blue right back pushes forward slightly to press the wide left midfielder early should the pass be completed.

- the nearest center fwd angles their run to eliminate the pass back to the keeper or left sided centerback - the second center fwd now drops into a deep midfield area to block the space in front of our mf players - and threaten any pass played inside - the blue left sided mf player now tucks in more centrally so they can see the ball and the players over their left shoulder - these same principles apply to all midfield players when we have pressure on the ball - now the principle of hunt and press the ball must be applied - we are trying to win the ball high up the park - encourage the player with the first pressure to press to win the ball but not to dive in - the centerback on the side of the ball doesn't need to be touch tight but close enough to make up the ground early should the pass come in to the forwards feet - the second centerback needs to now move over slightly and cover the space along with the left back - the keepers starting position is around the edge of the D so they can intercept a long through pass or act as an outlet pass for their team if needed

Progressions
Competencies - the players not involved in the initial pressure must be aware of what is happening over their shoulder and not get caught ball watching - if the runner starts to move forward the defending player **MUST MATCH THE RUNNER**



Learning Objectives

	Technical (20%)
	Tactical (1%)
	Physical (39%)
	Psychological (20%)
	Social (20%)

Screen 2

Organization - full pitch, 3/4 pitch if available

Field Set up - 11 vs 11

Detail - same shape as screen 1 - now we have the team dropping the line where we put our first pressure on the ball - the same disciplines and movements apply, once again the key point will be the angle and approach of the first pressure and of course the intensity of the pressure and support behind - it is very important that the first pressure player does not get isolated and press on their own - this must be a coordinated movement - the back four must also be aware of the space behind them so that one pass does not beat all of them!! the keepers starting position now is around the penalty spot so they can intercept long through passes and offer good support if their team wins back possession

Progressions - counter attack from this deeper position

Competencies - angle and approach to the ball - players on the opposite side of the pitch to the ball must tuck in to help keep the team compact - when we decide to press, we must press to win the ball without diving in - as in the previous slide the players on the opposite side of the ball must be aware of runners and the players they are playing against!!



Organization

Field Set up - 11 vs 11 half pitch /3/4 pitch

Detail - now we have the full team in our half - this situation may occur if we are now defending late in a game or we are playing against a very strong team - the team shape at this point is now inviting pressure into our half so we must be prepared to commit whole heartedly to the cause - in some ways it is easier to defend like this as there is not as much ground to cover but there is very little margin for error - once again the same defending principles apply - first pressure with support from beside and behind - the keepers starting position is a bit deeper now to take the risk of being chipped away

Progressions - counter attack from deep

Competencies - very important to stay with runners around the box- get blocks in as much as possible - fullbacks be tight enough not to allow crosses - if there is a cross into the box we must be touch tight at all times - don't ball watch!!

