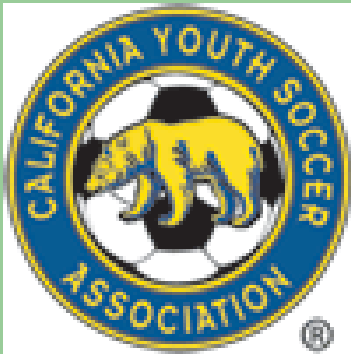


Individual and Team Defending

Elk Grove, CA



CYSA-N

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Principles of Defense

- Immediate chase
- Delay
- Depth
- Control/Restraint
- Concentration
- Communication

Individual Defending

- 1v1 (10x20) 2v2 (15x20)
- Defending stance
- Defending fakes
- Angle of approach
- Speed of approach
- Timing of the approach
- Communication (verbal aggressiveness)
- Feet positioning

Individual Defending

- Avoid over-commitment
- Shepherd attackers to least dangerous area
- Anticipation to ball
- Reading game on time
- Apply different type of marking
 - 1v1, Between the lines, mixed

Group Defending

- 3v2 (15x20) 3v3 (15x20) 4v3, 4v4, 5v4, 5v5
- Apply principles of defense
- Communication: with team-mates and in relationship to opponents
- Passive to active phase (Negative transition)
- Always ready to make correct decisions & execute
- Field size depends on age, playing level, number of players and objective

Personality of Central Defenders

- Killer instinct/mentality
- Leaders and coordinators
- Discipline and responsible
- Drop back and make field bigger in 1st phase of play
- Push and shorten spaces in the second phase of play
- Attitude to employ 1v1 marking

Technical qualities of central defenders

- High Technical speed
- Technique and passing abilities
 - Distance (short, medium, long)
- Different directions: from left to right

Physical Qualities of the central defenders

- Speed in short, medium and long distances
- Heading capacity
- Jumping power
- Stature/height
- Duel Capacity (1v1 defending)
- Agility

Tactical Qualities of the central defenders

- Awareness
- Control of different type of marking (1v1, between the lines, mixed)
- Passive to active passing
- Always ready to think and execute
- Negative transition
- Communication: with team-mates & in relationship to the opponent
- Always in position to receive the ball

Tactical Qualities of the outside defender

- Speed with and without the ball
- Orientation/awareness
- Communication: With team-mates & about opponents
- Control different types of marking (1v1, between the lines, mixed)
- Positional play : always in position to receive the ball
- Capacity of duels (1v1 marking)

Tactical Qualities of the outside defender

- Choice:
 - First pass
 - Keeping possession
 - Change direction of play
 - Deep passes-through center or flanks

Personality of outside defenders

- Discipline and responsible
- Awareness
- Keeping position
- Capacity to avoid crosses
- Willingness to sacrifice for the team (attack/defense)
- Always in position to receive the ball
- Always play with confidence

Technical Qualities of outside defenders

- Speed of pass
- Able to do quality crosses
- Great ball control: First touch/correct part of the body
- Passing and shooting technique
 - Short, medium, long distance
 - Through the flanks or deep right/left

Physical Qualities of outside defenders

- Speed in short, medium, long distance
- Changes of pace according to demands of game
- Duel capacity: 1v1
- Agility

Team Defending

- 7v7, 9v9, (game related/game condition)
- How to defend corners (game condition)
- How to set up the wall (game condition)
- Correct positioning in relationship to ball, opponents and team-mates

Team Defending

- Shadow training 11v0, 11v5, 11v8, 11v11 (defending team shape)
- Game related situation: 11v11
- Coaching from the game
- Look for application of principle of plays
- Look for translation of practice to game