## DEFENSIVE SHAPE

presented by

MIKE PARSONS

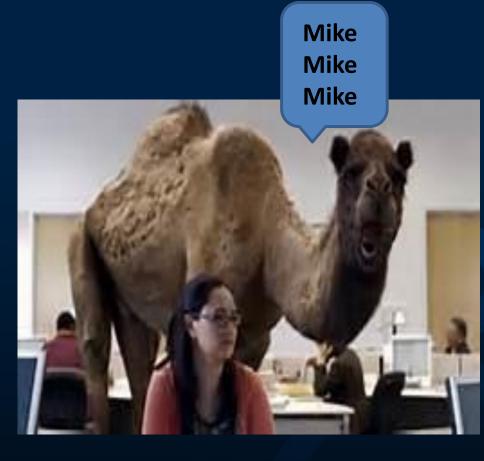
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#### Mike Parsons

- ✓ NSCAA Director of Coaching
- ✓ College Coach
  - ✓ University of Notre Dame
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- ✓ South Texas Director of Coaching
- ✓ ODP Coach
  - ✓ VA, NC, HI, IN, TX
- ✓ Club Director of Coaching
  - ✓ Beach FC
  - ✓ Club America
    - Junior Irish





#### Today's Player



# EVERYONE LOVES DEFENDING! or maybe not...



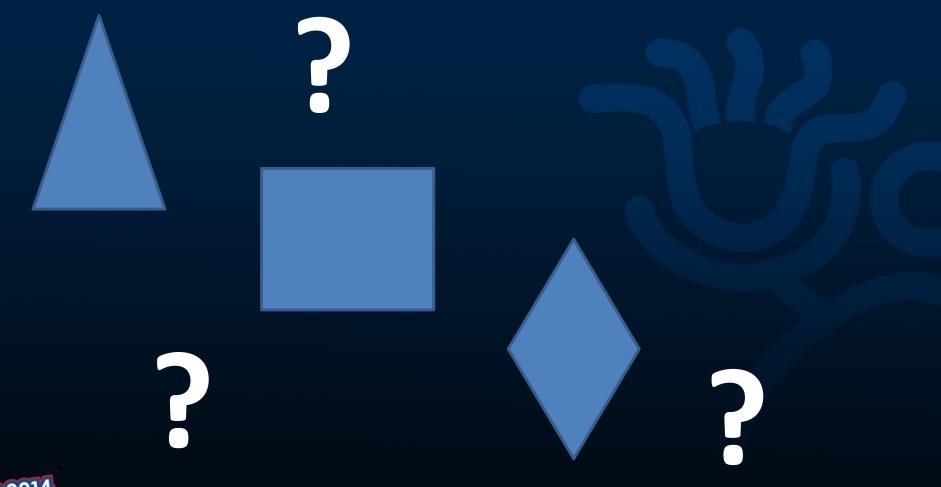
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## TRANSITION

What Am I Thinking When My
Team Loses The Ball?



#### What Is Defensive Shape





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#### **Defensive Shape**

The positioning of players in relation to the ball



Does defensive shape change or is it always the same?



#### **Defensive Shape**

- Attaining Shape Is A Sequential Process
- Requires Individual Thinking
- It Is Dynamic Constantly
   Changing As Ball / Players Move
- Based On Priorities In Defending





#### Thinking As

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**UALS** 

### Defending As A Group



# What Are My Priorities In Defending?



#### Deny "Penetration"

Ability To Play Into The Space Behind "Us"

Ability To Play Into the Spaces Between "Us"



#### Pressure

- ☐ Win Ball Immediately If Possible
- ☐ If Not, Take Away Options
- Transition From Attacking Mentality To Defending
- Angle & Speed of Approach
- Be Patient Look For Bad Touch-Do Not Dive In



#### Pressure

- ☐ Force Opponents Eyes To Ball
- Make Attackers Next Move Predictable
- Close (Distance Between Defender and Attacker)
   As Ball Travels
- ☐ Get Numbers Back To Help
- Be Patient



#### Who Pressures the Ball?



#### When Do I Step To Pressure?

When Do I Stay?

When Do I Drop?



# Visual Cues When Do I Step to Pressure Ball?

- Bad 1<sup>st</sup> Touch
- Eyes Down
- Back To Pressure
- Numbers Up



# Visual Cues When Do I Stay?

- Even Numbers /Cover Behind
- No Space Behind To Exploit
- Within Shooting Range



# Visual Cues When Do I Drop?

- Numbers Down
- Space Behind To Exploit
  - Out Of Shooting Range



#### Cover

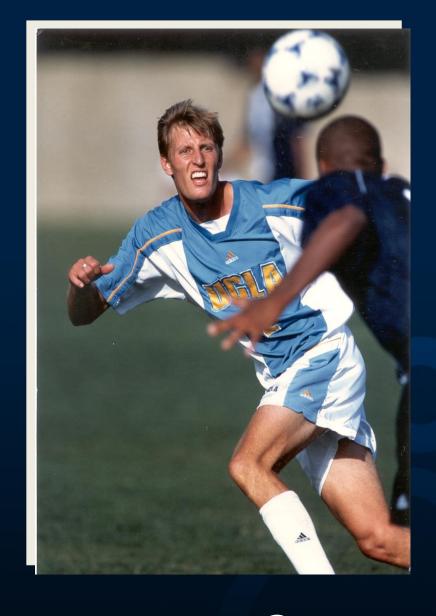
Angle

Distance / Depth

Can Be More Than One

Provide Help Defending
Penetrating Pass or Shot

#### What if....?



My Teammate Gets Beat?



#### Balance

- Players Away From Ball
- Responsible for Weak Side Defending
- Tracks Players Away From Ball
- Squeezes Space Centrally



Takes Away Passing Lanes

#### Today's Discussion Summary

- ✓ Teaching Sequentially
- ✓ Starting w/Individual Players
- ✓ Pressure
  - ✓ Who
  - ✓ When
  - ✓ How
- ✓ Cover
  - ✓ Distance
  - ✓ Angle
  - ✓ What if...
- ✓ Balance
  - ✓ Squeezing Space
- ✓ Shape



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