



Low block defending - compactness in backline / defend the cross

Category: Academy: Low-block and press
Difficulty: Moderate

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Description

Basic Principle: DEFEND THE GOAL - ORIENTED ON THE BALL

Sub Principle: Keep compact and narrow organization with pressure on the ball.

Sub-Sub principle: Defend as a unit - Collaborations within the same line and different units. (mark-cover concept)

Player Actions: Defensive Actions to win the ball - interception, anticipation, tackles.

1 vs 1 (20 mins)

Instructions:

- 3 angles for 1 vs 1.
- Play always start with a pass to the attacker on which the defender approaches.
- The attackers on the side can dribble through the gate or score on the mini goal.
- The central attacker can only score on the mini goal.

Coaching Points:

- Defensive angle of approach (cut off the inside).
- Distance to attacker, make sure you are close enough to get the ball and apply pressure.
- Technique of the side run and pivot.



9 vs 8 (30 mins)

Organization:

Instructions:

- Ball starts from the #6 and attackers trying to score on the big goal.
- If defending team wins the ball they can score on the mini goals.

Coaching Points:

- Create compactness in backline and with 6's in front.
- Back 4 positioning to defend the cross fullback to pressure out and 3 other defenders to defend the goal.
- One #6, prevent the other offensive players from dropping too deep and inviting pressure.
- Wingers on a low block to allow the fullbacks to overlap, (defense to be cautious of their timing of pressure) opposite winger defend inside to read the switch.
- Ball goes back, re-step up.



Half Field Scrimmage (30 mins)

