



Low block defending - compact shape and defend the overlap

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

Howard Rushton, CG, United States of America

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.

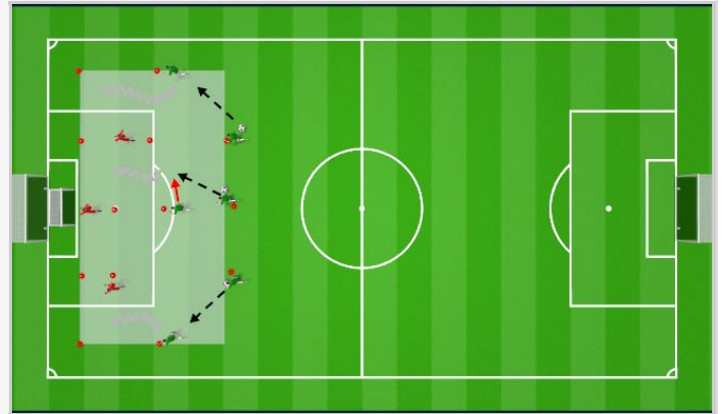
1 vs 1

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.
- Even though the picture shows 3 balls, use only one at a time.

Coaching Points:

- Angle of approach (cut off the inside).
- Distance to attacker (close enough to get the ball and apply pressure).
- Technique of the side run and pivot.



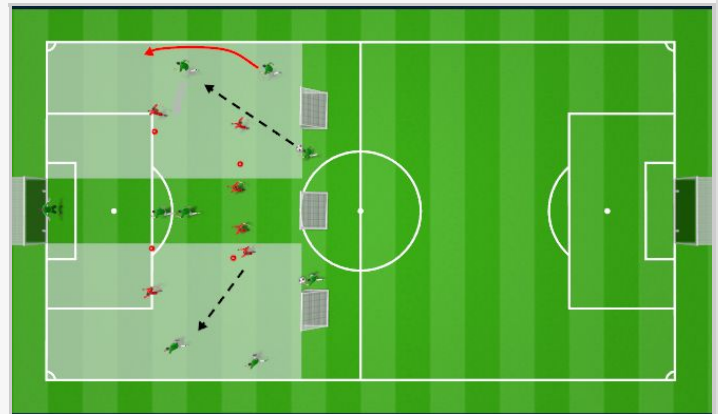
2 vs 3 defending the overlap (20 mins)

Instructions:

- Ball is played to the winger, on which the fullback makes the overlap.
- The attackers can dribble inside and find the striker to feet or go around and find the cross.
- The defenders defend 2v2. Try to win the ball and score on mini goals or block the cross.
- Alternating left/right side attack.

Coaching Points:

- Apply pressure on the ball (take away option of cross or dribble inside).
- Connect the winger with the FB (hand over pressure in case of the overlap - timing of the switch).
- If they reset back - step the line higher.



9 vs 8 (30 mins)

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 to defend the goal
- Wingers in low block to allow the fullback to overlap (timing of leaving pressure) -> opposite winger defend inside to read the switch.
- Ball goes back -> defensive line steps up.

