

# TOPIC: Defending Tactics

## (Role of 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)

Key:

Running without the ball

Running with the ball

Pass

### MYSA 'D' License Course

<u>WARMUP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<ul style="list-style-type: none"> <li>• Groups of 3 with ball, passing and moving</li> <li>• On coach's call, play 1v2 until a defender wins ball or attacker beats both defenders</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pressure ball to make attacker predictable</li> <li>✓ Teammate covers 1<sup>st</sup> defender</li> <li>✓ Angle and distance of cover to win ball if 1<sup>st</sup> defender gets beat</li> </ul>
<p><u>ACTIVITY 2</u></p>	<p>10x10-15x15</p> <ul style="list-style-type: none"> <li>• 4v2 in 3 teams of 2</li> <li>• Team losing possession or knocking out of bounds defends</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pressure/cover</li> <li>✓ Angle of pressure and cover to avoid split</li> <li>✓ Quick switching of pressure/cover roles</li> <li>✓ Communication</li> <li>✓ Instant transition upon possession change</li> </ul>
<p><u>ACTIVITY 3</u></p>	<p>35x20</p> <ul style="list-style-type: none"> <li>• 4v3 to goal + counter target</li> <li>• Rotate target among defenders</li> <li>• Switch team roles after certain time or score</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pressure/cover</li> <li>✓ Squeeze the center when no pressure, e.g. when ball goes back to support player</li> <li>✓ Compactness</li> <li>✓ Opportunities to win ball and transition</li> </ul>
<p><u>GAME</u></p>	<p>60x44</p> <ul style="list-style-type: none"> <li>• 5v5 plus GKs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Defensive shape of 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> defender</li> <li>✓ Balance – 3rd defender “splits the difference” to deal with space <u>and</u> free attackers</li> <li>✓ Compactness – deny space to penetrate</li> <li>✓ Recovery – all behind ball</li> <li>✓ Transition</li> </ul>