

DEFENDING IN A 4v4

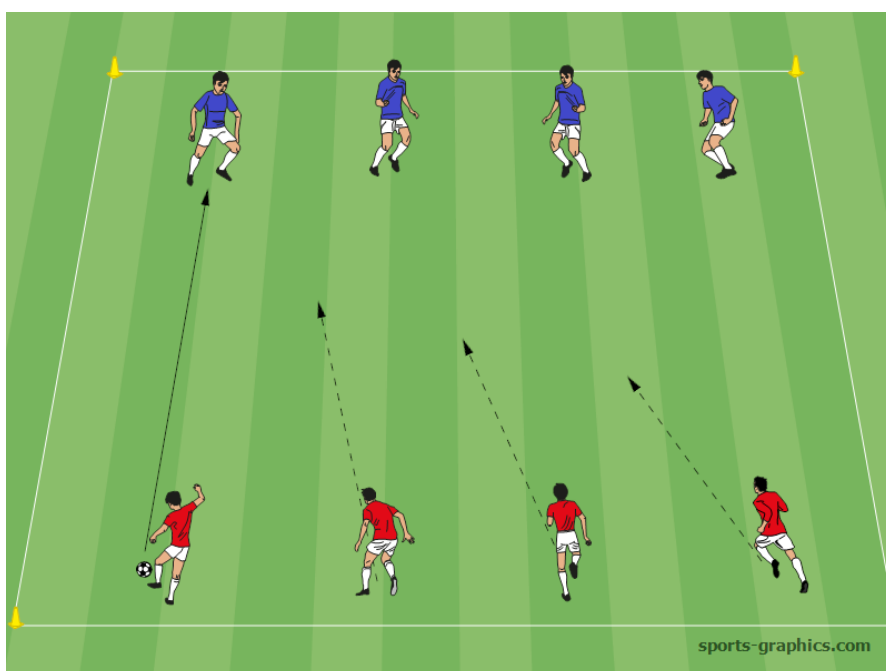
Understanding the basic principles of defending as a unit

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a 30x20 playing area or modify if necessary.

To start the practice, the ball is passed across to the attacking team.

The team that play the ball defend and the attacking team try to score by stopping the ball on the opposite line.

If the defending team win the ball back they try to score on the opposite line and the attackers become the defenders.

Each time play ends the game is restarted by the team who were the attackers.

Offside is in play.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Forcing play to make play predictable.
- How to slow the dribblers approach.
- Individual/team responsibilities.
- To defend as a unit when in balance.
- To learn the correct body shape when jockeying.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Good body shape (low and side on)
- Make play predictable
- Patience
- Win the ball if possible

FOCUS AREAS

- Body shape must force the attacker to go inside or outside dependant on the second defender to make play predictable and to allow good covering position behind. The second defender must continuously communicate.
- Communication - coaching one another.
- Cover, support, pressure, compactness.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Demonstrate how the first defender puts pressure on the ball carrier, the second defender provides cover and the third defender is the balancing player for the other two.
- Every movement needs a reaction to close any gaps.
- Make up ground quickly - ensure defender stops early enough to ensure that the attacker can't knock the ball past the oncoming defenders approach (on their touch).
- When to show the attacker inside or outside to keep play predictable.

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