

DEFENSIVE SHAPE

presented by

MIKE PARSONS

USYS National Youth Instructor



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Mike Parsons

- ✓ **NSCAA Director of Coaching**
- ✓ **College Coach**
 - ✓ *University of Notre Dame*
 - ✓ *Old Dominion University*
 - ✓ *Penn State University*
 - ✓ *Stetson University*
 - ✓ *University of North Carolina-G'boro*
- ✓ **South Texas Director of Coaching**
- ✓ **ODP Coach**
 - ✓ *VA, NC, HI, IN, TX*
- ✓ **Club Director of Coaching**
 - ✓ *Beach FC*
 - ✓ *Club America*
 - ✓ *Junior Irish*

Mike
Mike
Mike



Today's Player



**EVERYONE LOVES DEFENDING !
or maybe not...**

TRANSITION

What Am I Thinking When My
Team Loses The Ball?



What Is Defensive Shape



?



?



?



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

IN

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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 1st 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 ?



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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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