

TEACHING THE PRINCIPLES OF GROUP DEFENDING



WHY DO WE DEFEND?

TACTICS

PLAYER DECISIONS

PHASES OF THE GAME

ATTACKING W/WO BALL

TRANSITION - A/D, D/A

DEFENDING ON/OFF BALL

FACTORS INFLUENCING PLAYER DECISIONS

Components of the Game
Tech/Tact/Physical/Psych.

Knowledge of Self

Knowledge of Teammates
(Xaiva, Ching, Beasley)

Style - Strategy

Opponent - Team



Result Oriented

Game Factors
(Time, Injuries, Cards)

Climate

Framework in Attack/Defend

Organization within the Framework

Action vs. Reaction

APPLICATION OF TACTICS

TRANSITION

A-D/ D-A, with in A&D

VISION

READING THE GAME



COMMUNICATION

VERBAL/VISUAL

TACTICAL IMPLICATION OF TECHNIQUE

= SPEED OF PLAY

Average per Game Passing Totals

EPL 314

Ave. Completion %

80%



Physical Aspects/Demands

50% INCREASE IN HIGH INTENSITY ACTIVITIES (1965)

Technical Dimensions

Tactical Variations

Psychological Dimensions

PRINCIPLES OF DEFENSE

1. IMMEDIATE CHASE

INDIVIDUAL/GROUP

2. DELAY/PRESSURE

TIME/PRE-DICTABILITY

3. DEPTH/COVER

ORGANIZATION/POSITIONS

4. BALANCE

POSITIONING AWAY FROM THE BALL/CENTRAL

5. CONCENTRATION

COMPACTNESS LATERAL/FRONT-BACK

TEAM SHAPE

OFFSIDE TACTICS

6. CONTROL & RESTRAINT

INDIVIDUALLY/GROUP

RECOVERY RUNS/POSITIONING/

TRACKING DOWN



ROLE OF THE GOALKEEPER

CONSIDERATIONS IN GROUP DEFENDING

SAFETY vs. RISK

DEFENDING #'S UP/DOWN

DEFENSIVE TEAM POSTURE

FORCING PLAY CENTRAL/WIDE/VARIATIONS OF

ZONEAL/MATCHUPS/COMBINATION

ROLES AND FUNCTIONS

WITH-IN LINES OF THE FRAMEWORK

TEAM TACTICS

PRESSING, LOW PRESSURE, PRESSURE POCKET'S

REFEREE/LAWS OF THE GAME



Restarts



**Immediate
Chase**

Pressure

Balance



Cover

Compactness