DEFENSIVE SHAPE

presented by

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Today's Player



EVERYONE LOVES DEFENDING! or maybe not...

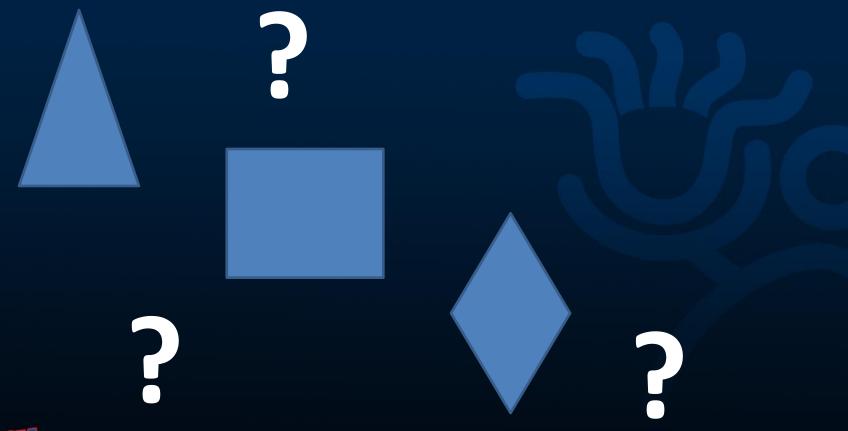
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TRANSITION

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

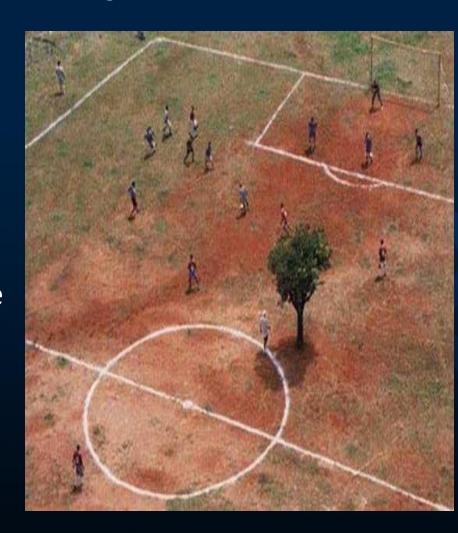


Does defensive shape change or is it always the same?



Defensive Shape

- Attaining Shape Is A Sequential Process
- Requires Individual Thinking
- It Is Dynamic ConstantlyChanging As Ball / Players Move
- Based On Priorities In Defending





Thinking As

IN VID

DI

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

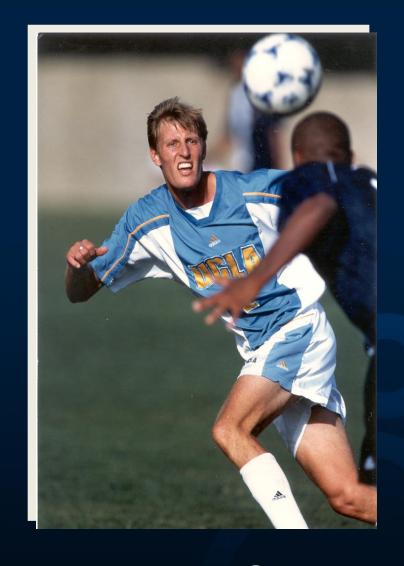
Angle

Distance / Depth

> Can Be More Than One

Provide Help Defending
Penetrating Pass or Shot

What if....?







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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