DEFENSIVE SHAPE

presented by

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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

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 ?
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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