

Coach the Coach Clinic



Defending



Principles of Defending

Deny the BALL

Deny them TIME

Deny the SPACE

Deny the PASS



Principles of Defending

- The principles of defending remain consistent
- The emphasis and priority of each is for the team / coach to decide and will become their defensive strategy



Principles of Defending

- The strategy will be determined by:
 - Players available
 - Opposition style and players
 - State of the game
 - Conditions/Climate



Principles of Defending

- If we teach the players the defending principles thoroughly then the players will be able to apply these to any strategy in any game to cope with any circumstance.....

.....FOR THEMSELVES



Defending Principles

Deny the BALL

- Barcelona –
69.6% Possession
- Morgan Schneiderlin –
3.8 interceptions per game
- Arturo Vidal –
5.1 tackles per game





Deny them time

- Pressing High
 - Juventus
 - Barcelona
 - Bayern Munich
 - Borussia Dortmund



Defending Principles

Deny them time

- Juventus – preventing the counter

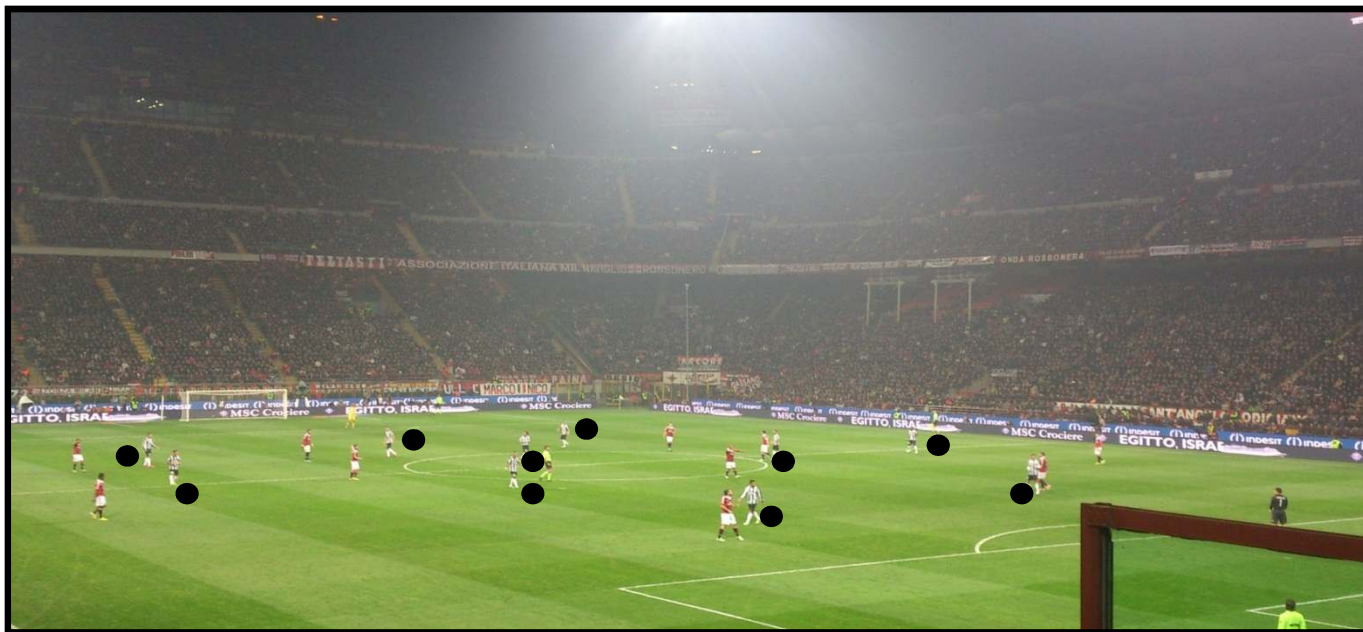




Defending Principles

Deny them time

- Juventus - Press High





Defending Principles

Deny them time

- Juventus - Press High





Defending Principles

Deny them Space

- Juventus - Pressing and Sliding





Defending Principles

Deny them Space

- AC Milan – Deny space behind





Defending Principles

Deny the Pass

- AC Milan - Screening





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EXAMPLE SESSION

The following session merely aims to highlight the way in which the defending principles can be applied in various orders and with varying degrees of emphasis on each resulting in differing team strategies for defending.



COACHING SESSION PLANNER

Staff: Liam Bramley

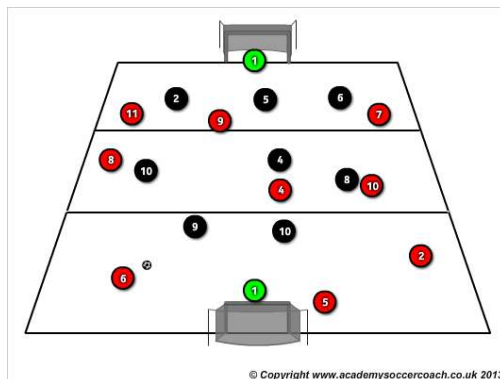
Theme: Defending

Focus: Defending - Zonal v Man-Man

Date: 25/4/2013

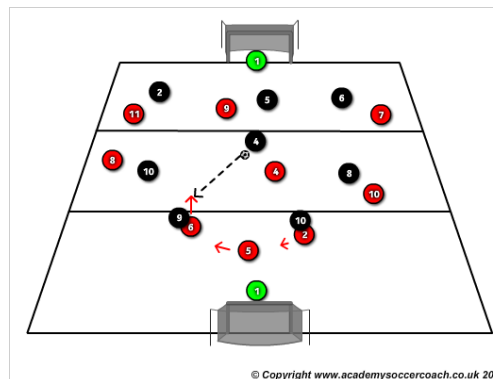
Intensity: 🔴

Practice 1:



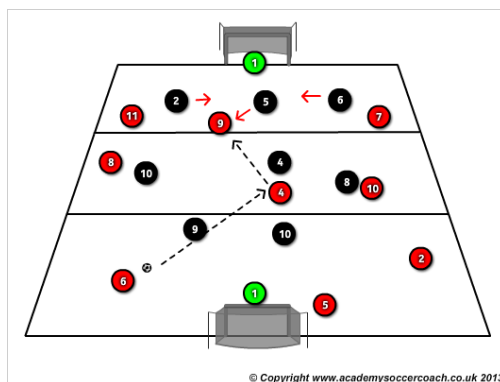
- **Defending SSG**
- 10 (1-3-3-3) v 9 (1-3-3-2)
- 70 x 50 Pitch
- Players are initially restricted to their zones but this can be released as the session progresses
- Offside applies in the final 3rd
- All normal FA rules apply
- After set time periods the teams change roles (shape)

Practice 2:



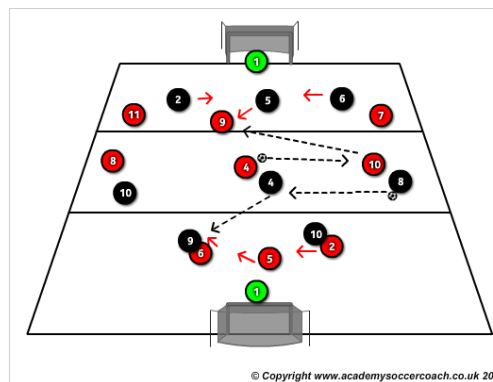
- **Man-Man Marking**
- At one end the game is 3 v 2 which allows the defenders to be aggressive in their marking and trying to win the ball with the assurance they have a spare player who can cover behind.

Practice 3:



- **Zonal Marking**
- At the opposite end the game is 3 v 3 which means the players will need to cover the key spaces as well as marking their immediate opponent. There is less room for error which means denying the ball through aggressive intercepting carries a greater risk.

Practice 4:



- **Skill Practice**
- The game can easily be divided into two skill practices for more repetition of the focus.
- The midfield players are unopposed and pass the ball in the central area and choose when they wish to play into their strikers who look to score

Key Questions for the players :- "Where is the biggest danger?" - "How can you minimise the danger?" - "Who can help and how?"

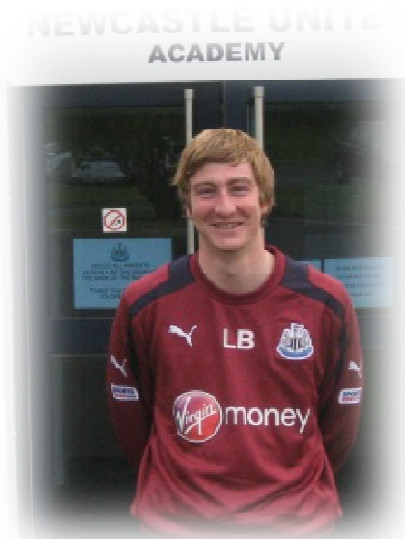
Key Coaching Points: Zonal defending

1. **Deny space** by marking the key areas which will also **deny passes** behind
2. Be in a position to **deny time and space** if your opponent receives the ball
3. **Deny the ball** by patiently waiting for an opportunity to win possession

Key Coaching Points: Man for man defending with a sweeper

1. Markers mark aggressively looking to **deny the ball**.
2. Sweeper **deny space and passes**
3. Press aggressively to **deny strikers time and space** on the ball

About Me



- UEFA A-Licence Coach
- Candidate on the inaugural FA Elite Coaches Award
- Newcastle United Under 16 Head Coach and Youth Development Phase (12-16) Lead Coach
- FA Coach Educator – Level 1 and Level 2

Any questions follow me on twitter - @liambramley

