

DEFENDING



DEFENDING WITH A BACK FOUR

BACK FOUR

- WHY a BACK FOUR?
 - Lateral coverage of pitch is more economical?
 - Distances between rear defenders are reduced.
 - Communication between rear defenders is easier because of closer proximity.
 - Cover/assistance for rear defenders is easily and quickly delivered by other DF's.
 - Tradition?
 - Zonal/Man-for-Man based? (NORWAY cf BRAZIL)

BACK FOUR

- “PERSONNEL” REQUIREMENTS-PHYSICAL
 1. PACE
 2. ACCELERATION/DECELERATION
 3. HEIGHT/SPRING
 4. AGILITY
 5. MOBILITY and ADAPTABILITY (left/right)
 6. BODY STRENGTH

BACK FOUR

- PERSONNEL REQUIREMENTS –
 - MENTAL/TACTICAL
 - a) “Scanning” ability
 - b) “Awareness”
 - c) Reading the Game
 - d) Decision-Making ability
 - e) Prioritizing from alternatives
 - f) Action

BACK FOUR

- PSYCHOLOGICAL FACTORS?
- Concentration/Focus skills
- “Cunning”
- Composure
- Fortitude
- Determination
- Discipline
- Rigour
- Mental Toughness
- Creativity

BACK FOUR

- FACTORS INVOLVED

- 1) “DISTANCE”

- a) From the ball
- b) From the goal
- c) From the goalkeeper
- d) From next defender in back 4
- e) From opponent
- f) From MIDFIELD UNIT

- 2) Will vary in different phases/situations in a game

BACK FOUR

- RELATIONSHIPS

- ANGLES/DISTANCES

- From next defender in back 4
 - From “immediate” MF player ahead
 - From the goalkeeper

- CO-ORDINATED MOVEMENTS

- With MF UNIT
 - With BACK 4 DEFENDERS
 - » eg. Offside/Unit “squeeze!”

BACK FOUR

- TECHNICAL/TACTICAL FACTORS
 - FEET POSITION and adjustments
 - BODY ANGLE/POSITION
 - WEIGHT DISTRIBUTION
 - COMMUNICATION EFFECTIVENESS
 - TACTICAL “CALLS” and SIGNALS

BACK FOUR

- DEFENDING SKILLS
 - Marking
 - Tracking
 - Pressing – from both front and rear
 - Intercepting
 - Spoiling
 - Challenging
 - Heading
 - Covering/Balancing
 - Sliding/Reaching?

BACK FOUR

- MAJOR REQUIREMENTS?
- Read the play.
- Awareness of developments and opponents.
- DISTANCES.
- DECISIONS.
- DECISIVENESS.
- DUTIES?
- DUTIES-change.
- DENY
- DROP TO DELAY and protect space behind d'fence.

“10 D’s of Back 4 Defending”

BACK FOUR

- MAJOR REQUIREMENTS?
- DUO'S? FB/CB CB/CB
 - LEFT/RIGHT SIDE OPERATION
- “DIRECT” others (Communicate/Inform)
- DEFEND?
 - Intercept
 - Spoil
 - Hold
 - Recover
 - Lean/Stretch etc, etc.

BACK FOUR

- ATTACKING SKILLS
 - Receiving Skills-all surfaces
 - Distribution skills-both feet/all ranges
 - “CARRYING”/RUNNING WITH THE BALL
 - “Clever-turning” skills
 - “Support skills”-behind/around/ahead of ball
 - “Combination-play” skills