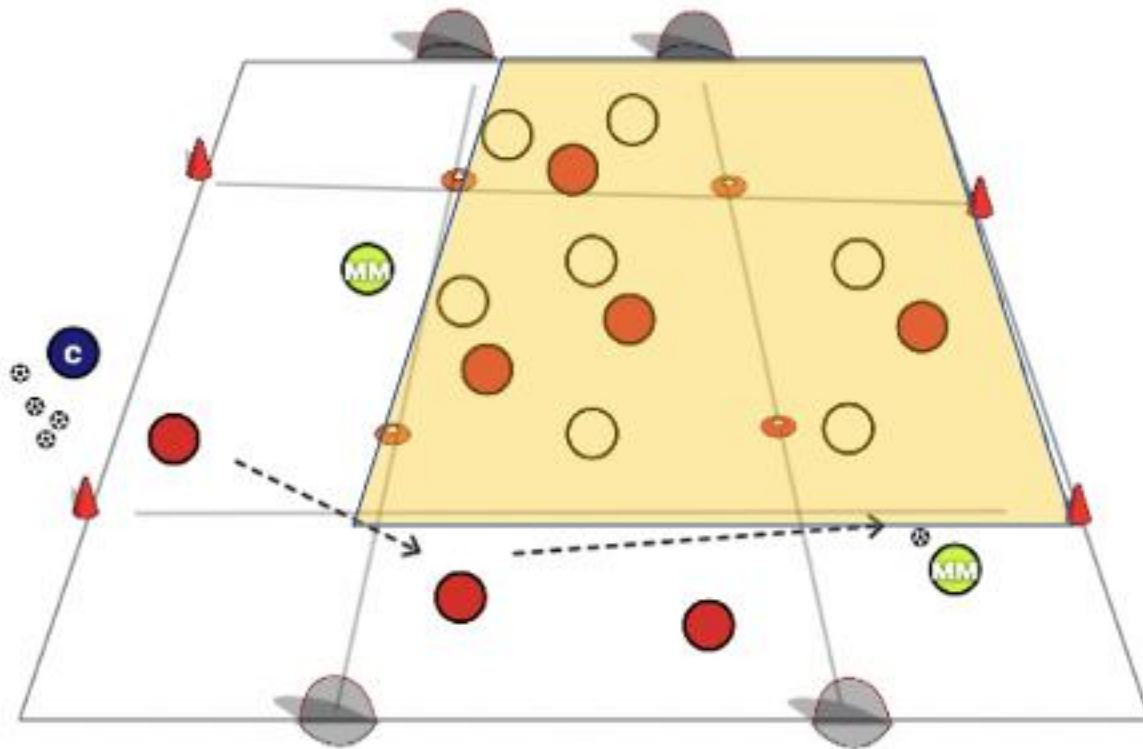


# Compact Defending



Area – on the 9v9 field. 7v7 + 2 magic men is played with two mini goals at each end as shown. The defensive zones are marked on the field. A line of confrontation is placed 20 yards from goal.

The coach serves in a ball to the red attackers.

1. The attackers can go in any zone.
2. The defending team must have players in two touching zones. As you can see, the white team are compact.
3. Defenders can also use the 'line of confrontation' as they set a defensive block behind this line and in two zones.
4. When the defenders win the ball, their mindset changes. They spread out and counter or keep controlled possession and attack the two mini goals.
5. The magic men (green) play for the team in possession.

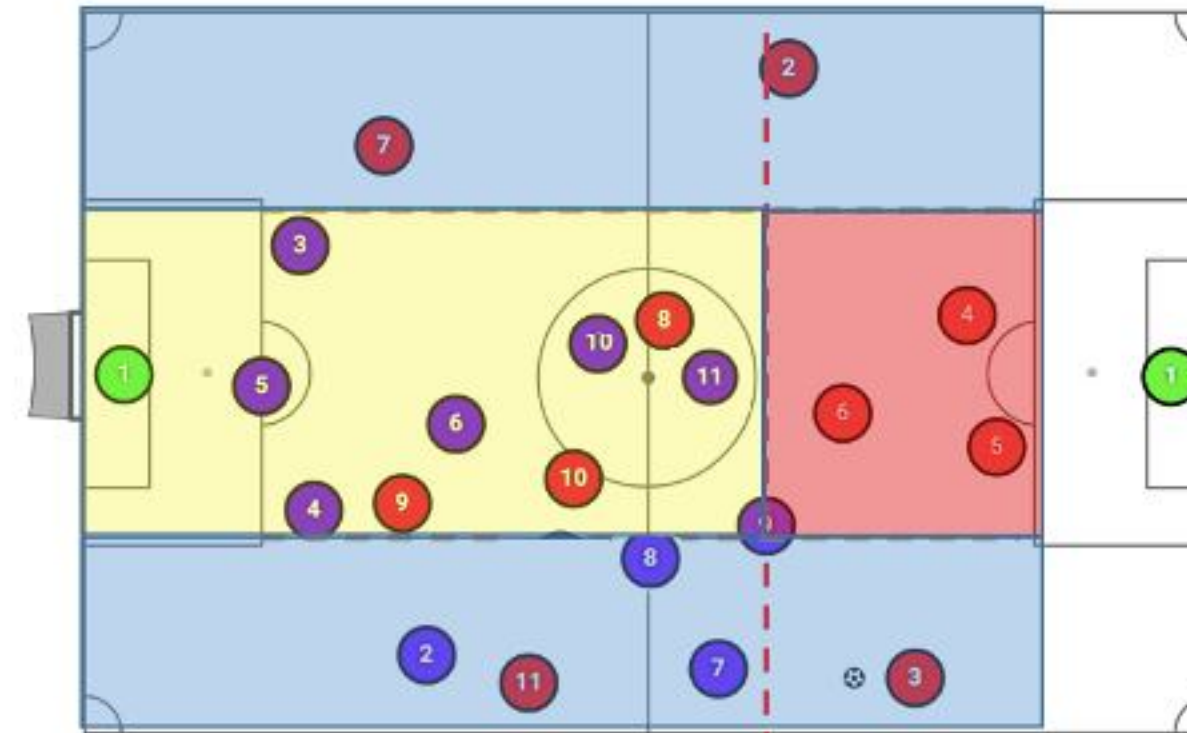
#### Technical/Tactical:

- Defensive stance
- Make the play predictable – Force it one way
- Get compact, stay compact
- Pressure, cover, balance and depth
- Make the tackle

#### Physical:

- Competing
- Be at your best – 100%
- Make contact with the player
- Use your body

## Play 11v11 – Probables V's Possibles



Look for signs of learning. Train the players to understand the zoning on the field. Keep it simple by explaining the three zones, blue, the two wide zones and the middle red and yellow zone. These zones can vary depending on the size of the soccer field. When your team loses the ball, they must defend in two connecting zones. The red zone is where the team performs a high / medium press.

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**Allow the possibles to have the ball with the GK and try to break through a high, mid and low press. Play five attempts on each.**

The yellow zone is a low press behind a line of confrontation.

Communication from all the players is key to being a tight, compact, effective defensive unit.

The coach (or players) can come up with a trigger sign that determines what kind of press the team will play.

As you can see from the diagram, the opposition #3 has the ball.

The blue defenders are in a low press and in two connecting zones. No blue player is in the far wide zone.

Players will be taught this system of defensive play on the practice field.