



## **Setting Up Your Team Defensively**

- I. Formations – Offensively as it relates to defensively**
  - a. Shape of your team**
  
- II. Zone Defending, Man marking, or combination**
  - a. Benefits of our system**
  
- III. Primary Objectives**
  - a. Don't concede space**
  - b. Where and how does this happen**
  - c. 1<sup>st</sup> Phase – High Pressure**
  - d. 2<sup>nd</sup> Phase – Retreat and Reorganize**
  - e. 3<sup>rd</sup> Phase – Low Block/No crosses**
  
- IV. Areas of protection and how**
  - a. Final Third**
  - b. Middle Third**
  - c. Defensive Third**