

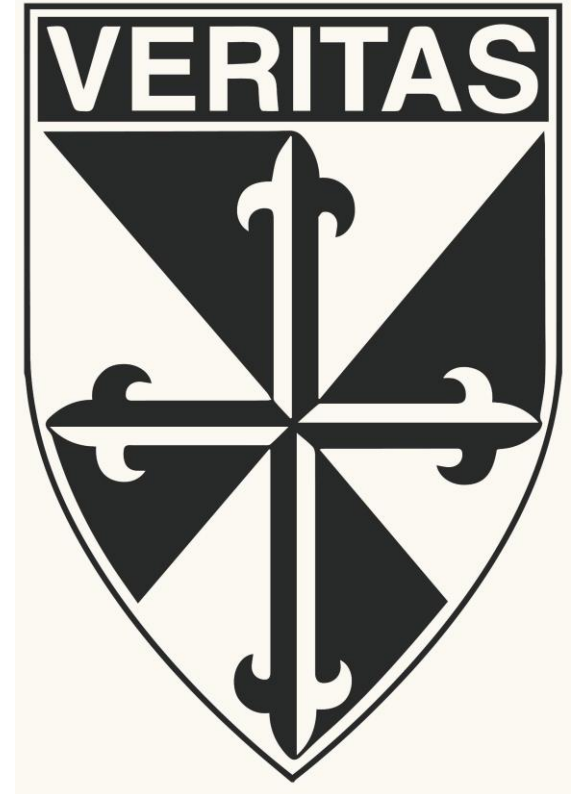
DEFENDING to WIN

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DEFENSIVE PRINCIPLES

- Immediate Pressure
- Delay
- Cover and Depth
- Balance
- Compactness
- Control/Restraint
- Counter-Attack



Roles of the First Defender

- Immediate Pressure
- Channel the Play
- Delay Penetration
- Win the Ball



Roles of the Second Defender

- Provide Cover
- Provide Depth



Roles of the Third Defender

- Stay Balanced
- Stay Compact



Individual Tactics

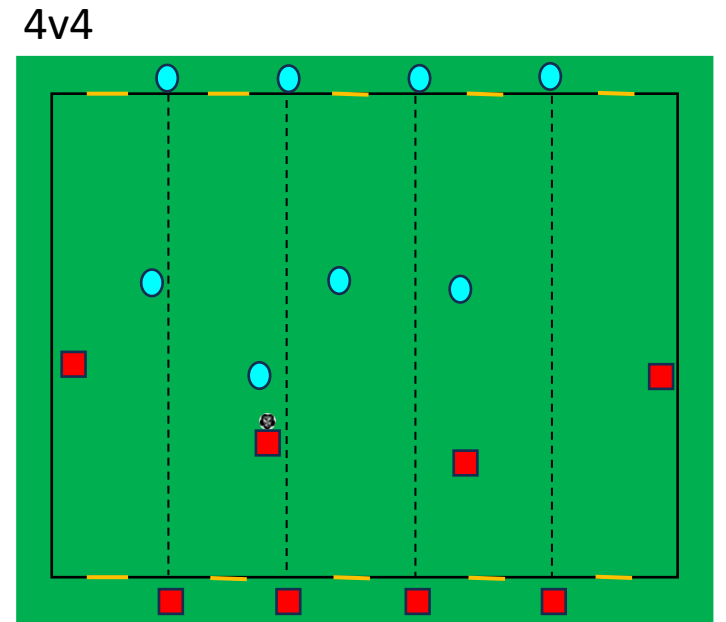
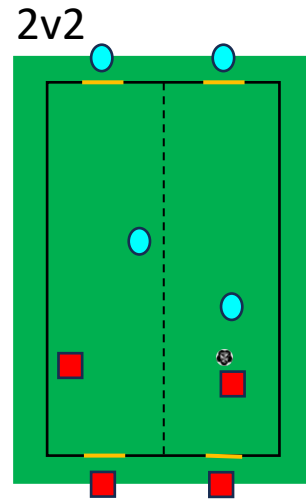


- 1v1s
- Types of Tackles



Small Groups

- 1v2
- 2v2
- 3v3
- 4v4



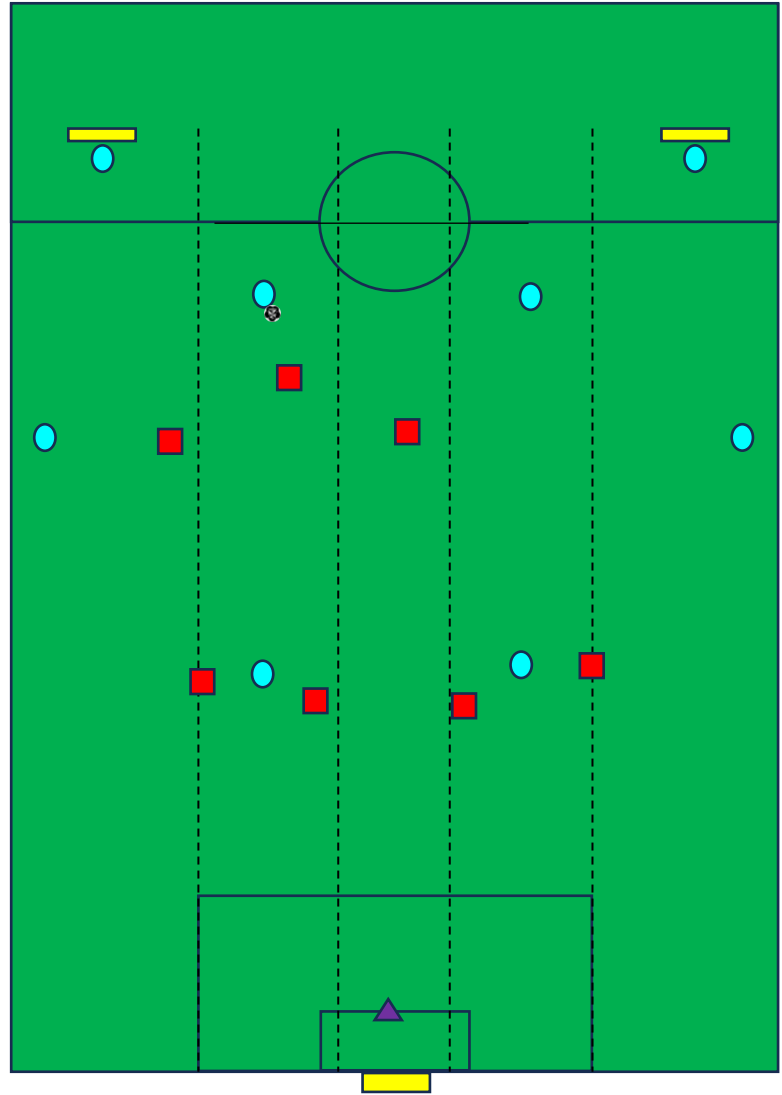


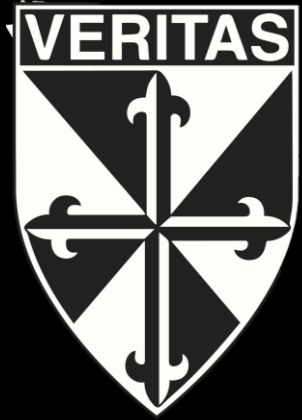
Large Group

- 4v5
- 5v6
- 7v8

(Large Goal &
Counter-Attack Goals)

7v8





Q & A

