

COACHING DEFENDING PRINCIPLES

Principles and definitions

PRESSURE

The nearest player(s) to the ball apply pressure in an attempt to win the ball back.



DELAY

Movement and shape to stop the opposition playing forwards quickly or to slow down the attack. This will also allow teammates to recover position and defensive shape.



DEPTH

Reduce the space between the defensive line and the goalkeeper to minimise the space behind the defence and remove opportunities for the attackers to penetrate behind.



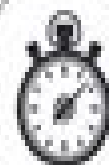
PREDICTABILITY

When the defence is organised and compact, they attempt to force the attackers into 'safe' areas of the field away from goal and where they have the opportunity to win the ball back.



PATIENCE

There is a risk when a defensive player challenges for the ball and does not regain possession that the attacking team now have an overload. Players should be aware of when to challenge for the ball and when to hold off and be patient.



COMPACTNESS

Whole team acts as a defensive unit when out of possession. Defenders, midfielders and attackers retreat into the defensive third to reduce the space in which the opposition can play in, around and behind.



Principles Of Coaching Football

Michal Rosen-Zvi



Principles Of Coaching Football:

Unveiling the Magic of Words: A Report on "**Principles Of Coaching Football**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Principles Of Coaching Football**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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