

# 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.



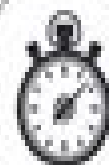
### PREDICTABILITY

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

**RJ Alexander**



## **Principles Of Coaching Football:**

The Top Books of the Year Principles Of Coaching Football The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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