



Defending Basics- The Start

Category: Technical: Defensive skills

Difficulty: Beginner | Start Time: 07-Feb-2025 21:10h

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Description

GOAL: Understanding the basic concept to closing down an attacker and setting up to defend.

PLAYER ACTIONS: Close Down, Slow Down, Shows Down, Shadow Support

KEY QUALITIES: Understanding how to delay the attacker properly.

SKILL ACQUISITION:

Defending: Closing down the attacker; Slowing down when approaching the attacker; Shows down the attacker by stagger position to the attacker; Shadow support of the cover defender to the 1st pressured defender; Positioning of the rest of the field in relation to the ball in defensive cover.

Defensive Movement (20 mins)

OBJECTIVE: Getting players able to learn basic principles of closing down, slowing down, and showing down.

PLAYER ACTIONS: Pressure and close quick, slow down without over running player in possession with the ball and setting up a defending posture to the attacker.

ORGANIZATION: Use as much space as possible and set up a grid for each pair of players similar to what is shown in the diagram (approximately 10 - 15 feet in width x 25 - 30- feet in length).

Play starts with Player (A) who passes the ball directly across to Player (B). Once the ball is released from Player (A), Player (A) will run out in an arcing run quickly to close the attacker (Player B).

When Player (A) is close, Player is to slow down and take of a staggered side-on stance just before Player (B).

Player (B) will continue with the ball while Player (A) maintains a defensive posture and shadow Player (B) until they reach the end of the grid. Once complete, players switch and start again.

RULES: This is a non-active defensive drill. No tackling of the ball. The drill is to focus on the principles of closing down, slowing down, showing down, and shadowing the attacker.

KEY WORDS:

Close Down- This means we want the defender to close quick to the attacker using a bent run.

Slow Down- Arrive slow and take up a position 1 - 2 strides away from the attacker, keeping the attacker in front of the defender.,

Show Down- Defender is to lower their stance with a side-on stance to the attacker (never directly in front of the attacker).

Ensure the defender has a staggered stance with their feet to be able to quickly react to the movement of the attacker. Ensure the defender has an arm up towards the chest of the attacker (if the attacker makes a move, the defender can step in front of the attacker and dispossess the attacker from the ball, using the arm to partially shield).

Shadow Down- Taking small strides with the attacker, keeping them in front' making adjustments to keep a side-on stance. When the ball is off the foot, the defender is better positioned to now tackle the attacker. PATIENCE!

GUIDED QUESTIONS: When slowing down to the attacker, what is the body position the defender should take? What happens if the defender is positioned squared to the attacker instead of a staggered side-on position? Why do you need to arc your run?

ANSWERS: Defender needs to slow down just before reaching the attacker into a staggered side-on position. If not, and the defender is squared to the attacker, the attacker will have more options on what to do to get around the defender. Additionally, the defender in a side-on posture has more balance. Arcing the run forces the attacker more to one side of the field allowing the defender to minimize the attacking options.

Note: After the player sends the ball to the attacker, get the defending player to yell out "ball". This basic communication will help in games to let teammates know who is first to the ball to defend.

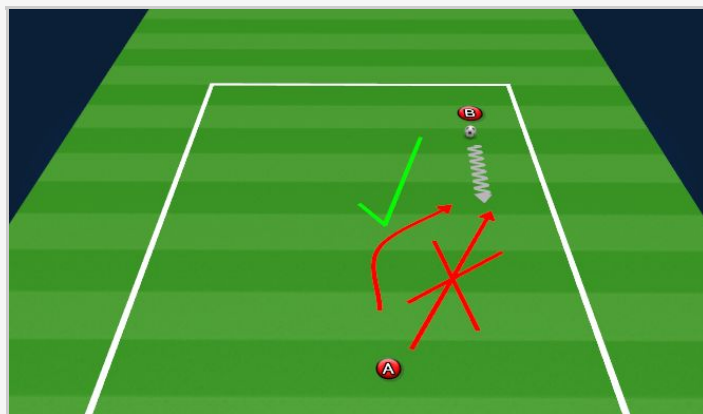


Learning Objectives

	Technical (20%) - Angle of run- Body position relative to attacker- Slowing attacker down
	Tactical (20%) - Controlling where to force the attacker to go as a defender
	Physical (20%) - Quick reaction- Running with/ without the Ball- Slowing down- Balance- Coordination- Agility- Jockeying
	Psychological (20%) - Watching the ball- Concentration on body position- Building confidence in front of attacker
	Social (20%) - Communication - Listening to instruction on drill- Celebrate correct technique

Defensive Shape

NOTE: Here we can see the defender arching the run. This limits the attacking player to stay more to the outside as the defender is close off the space in the center of the playing area by their arching movement. This now is the advantage for the defender to defend by also using the sideline as a 2nd defender. If the defender makes a straight run, as shown, the attacker now has the option to move into the inside giving them more space to work with and hard for the defender to defend.



Incorrect

NOTE: If the defensive player runs directly to the player to defend square to the path of the dribble as shown, the advantage is to the player with the ball who can pick an option to get around the defensive player. This allows the defender to keep the ball on their strong foot when, as a defender, you want to try and get the player to have to use their less dominant foot because of how you approach and set-up to delay the attacker.

Here you can see when the defender comes straight at the attacker in a 1v1 situation, the attacker has options as shown by the colored zones.



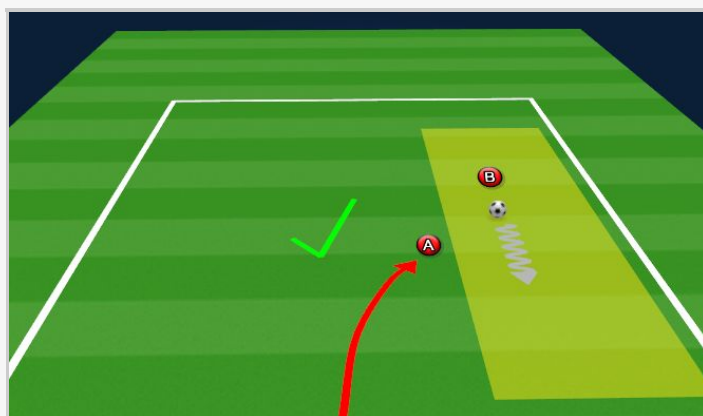
Side Approach

NOTE: We want the defender to arch their run and take up a side position to the ball and attacker. The defender should be positioned 1 - 2 strides from the defender. We want the defender to close quick and arrive slowly. If the defender doesn't slow down, a skilled attacker can use that to an advantage and through skills, make moves to put the defender off a proper approach and stance. When this happens, the defender could now start to chase and is no longer in control.

When the defender arrives slow, they are to take a side-position and lower their stance. Avoid diving in with a tackle with the ball still in the possession of the attacker. The number 1 priority for the defender is to delay the attack and wait for support to be positioned to protect their zone from quick attacking runs.

Remember, Close down, slow down, show down, shadow down.

Here you can see that with an arched run, the defender can now limit the attacker to stay to the outside cutting off the space and options for the attacker to select from. This puts the advantage of the situation into the hands of the defender.



Good Movement



Bad Movement

