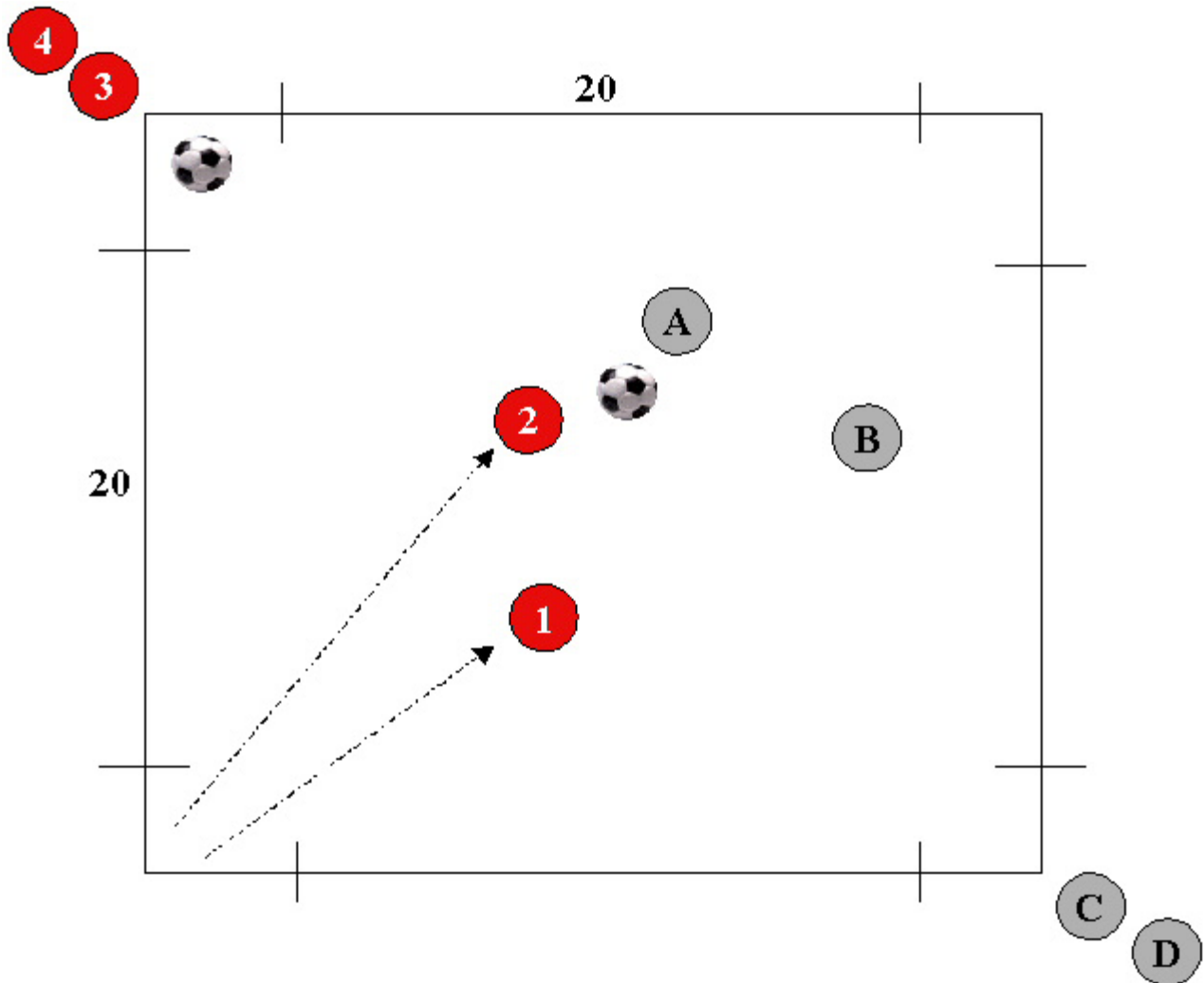


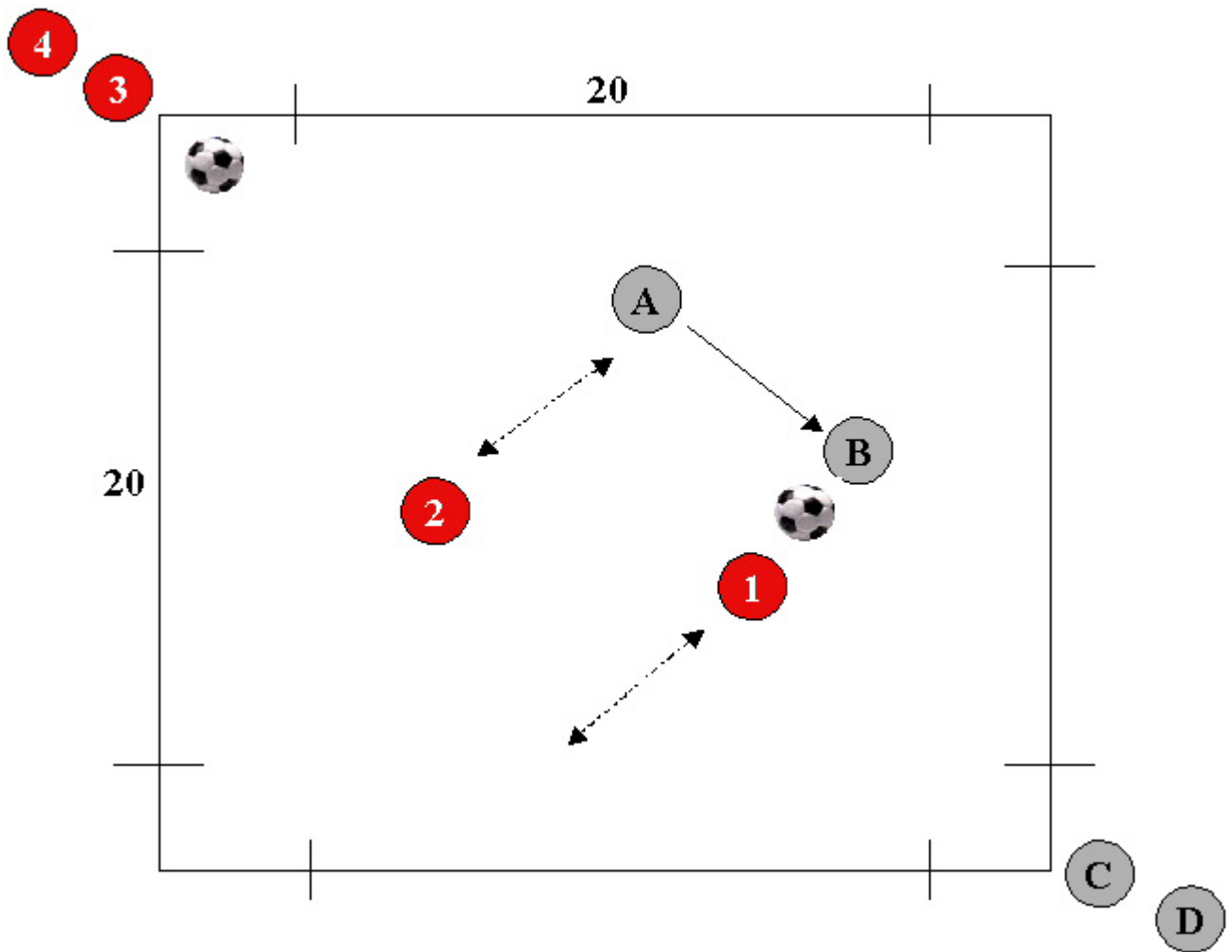
DEFENDING IN a 2 v 2 SITUATION: PRESSURE AND SUPPORT



Develop:

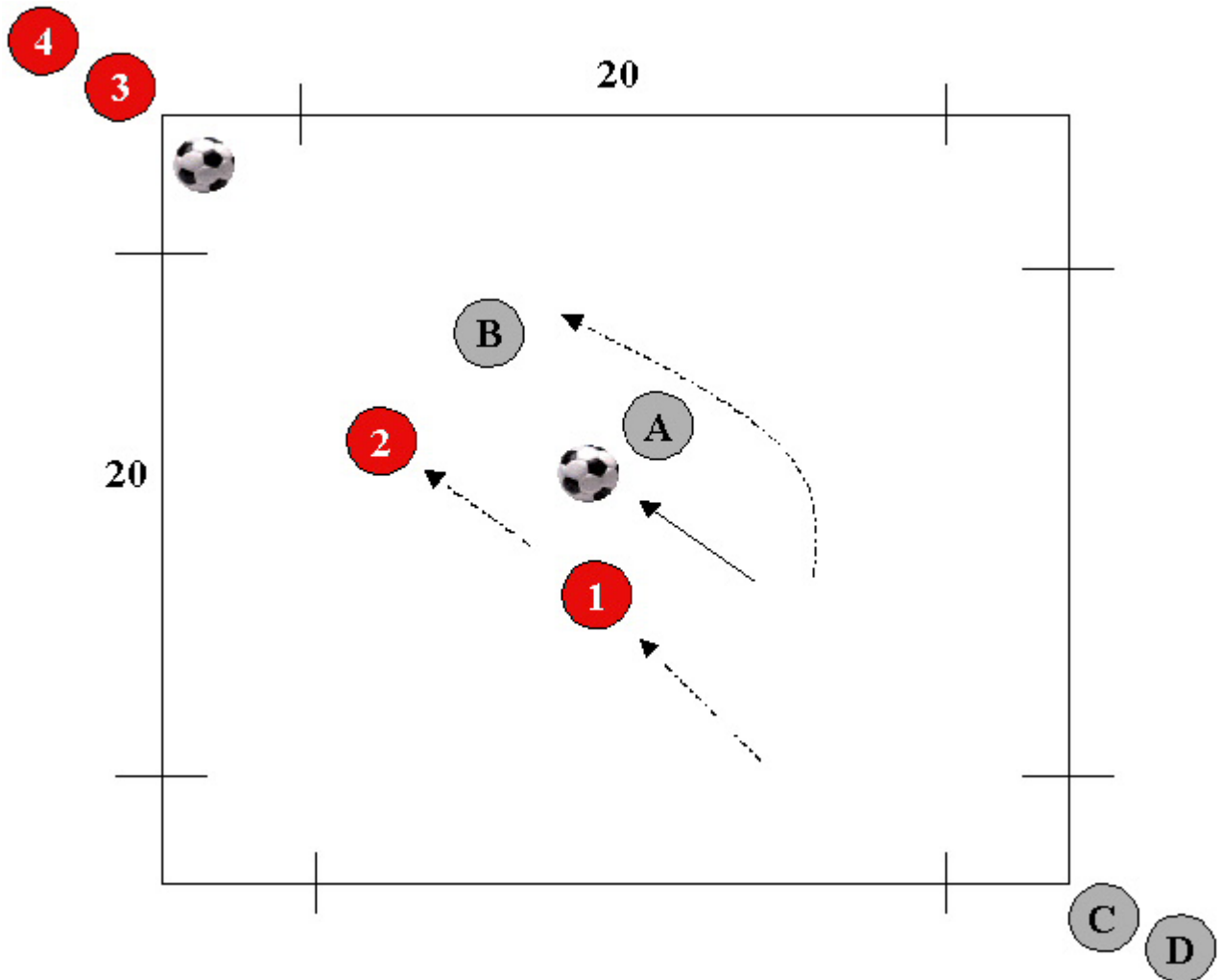
1. 2 v 2 with (B) joining in. In a 2 v 2 show the “piston effect” of support movements as the ball travels. Also consider that the closest player can close down the ball as it travels from player to player (discussed later).
2. (2) closes (A) down and shows **inside** to the support player. (1) Supports at a 45 degree angle but is also screening (B). In the 2 v 1 situation (1) only had to think about supporting (2) but now there are two things to consider; supporting (2) and screening the position and movement of (B).
3. Distance of support depends on the position on field and the speed and ability of opponent. The support player can give verbal direction but also can take a position off the way the pressure player shows the attacker to go as previously discussed. It can depend on which happens first, the

body position of the pressing player forcing the play one way or the verbal direction of the support player advising forcing the attacker towards their position.

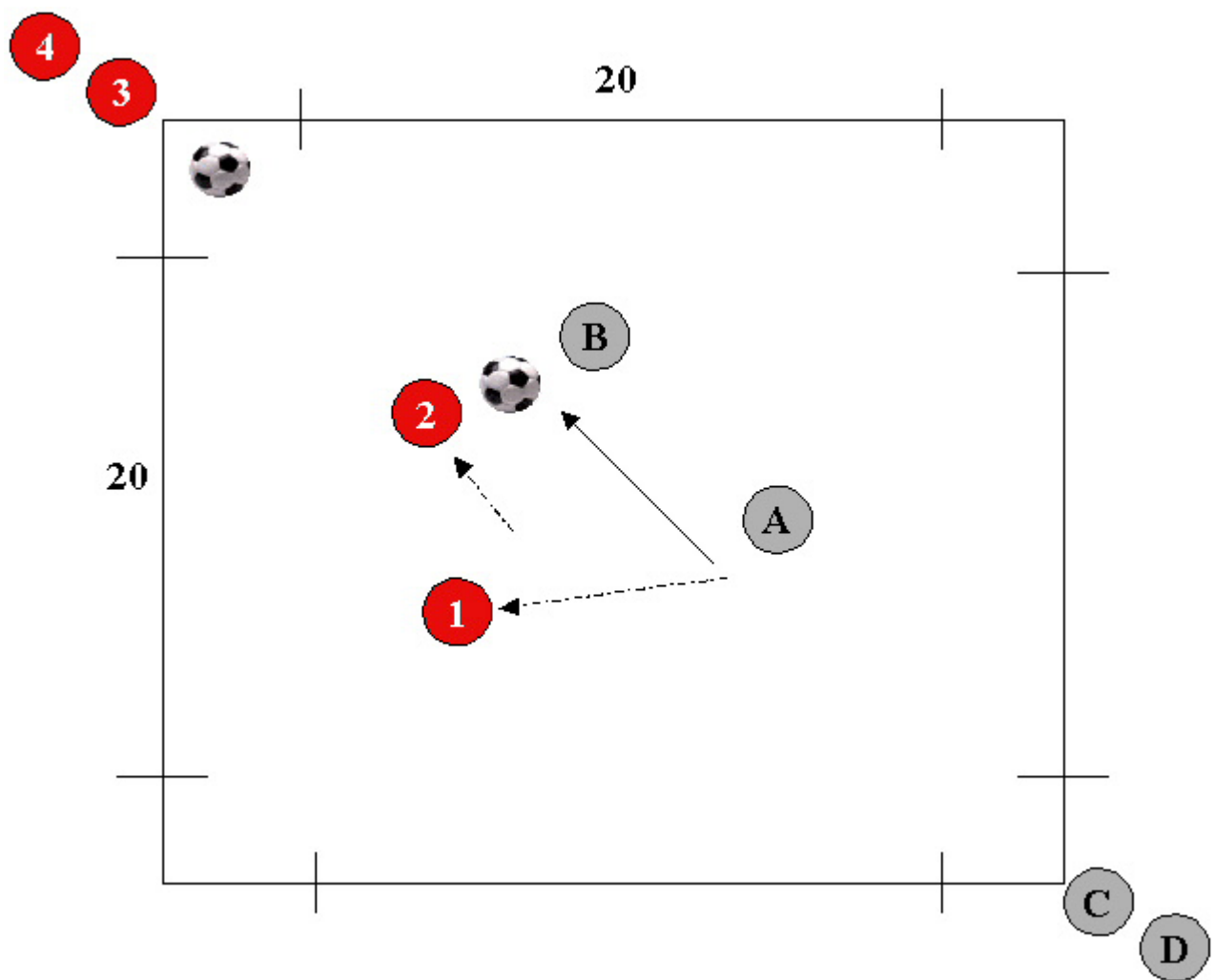


4. (A) Is on the ball, (2) pressures and (1) supports, at the same time shadowing (B).
5. (A) passes to (B), (1) and (2) adjust their positions as shown, now (1) pressures and (2) drops back into a support position, but at the same time shadowing (A).
6. (2) can also close down (B) if closer than (1) as an alternative.
7. (B) passes back to (A) and overlaps, adjustment can be as above i.e. (1) marks (A), (2) shadows (B)'s run so defenders don't have to cross over.

DEFENDING IN A 2 v 2 SITUATION: MARKING ZONES

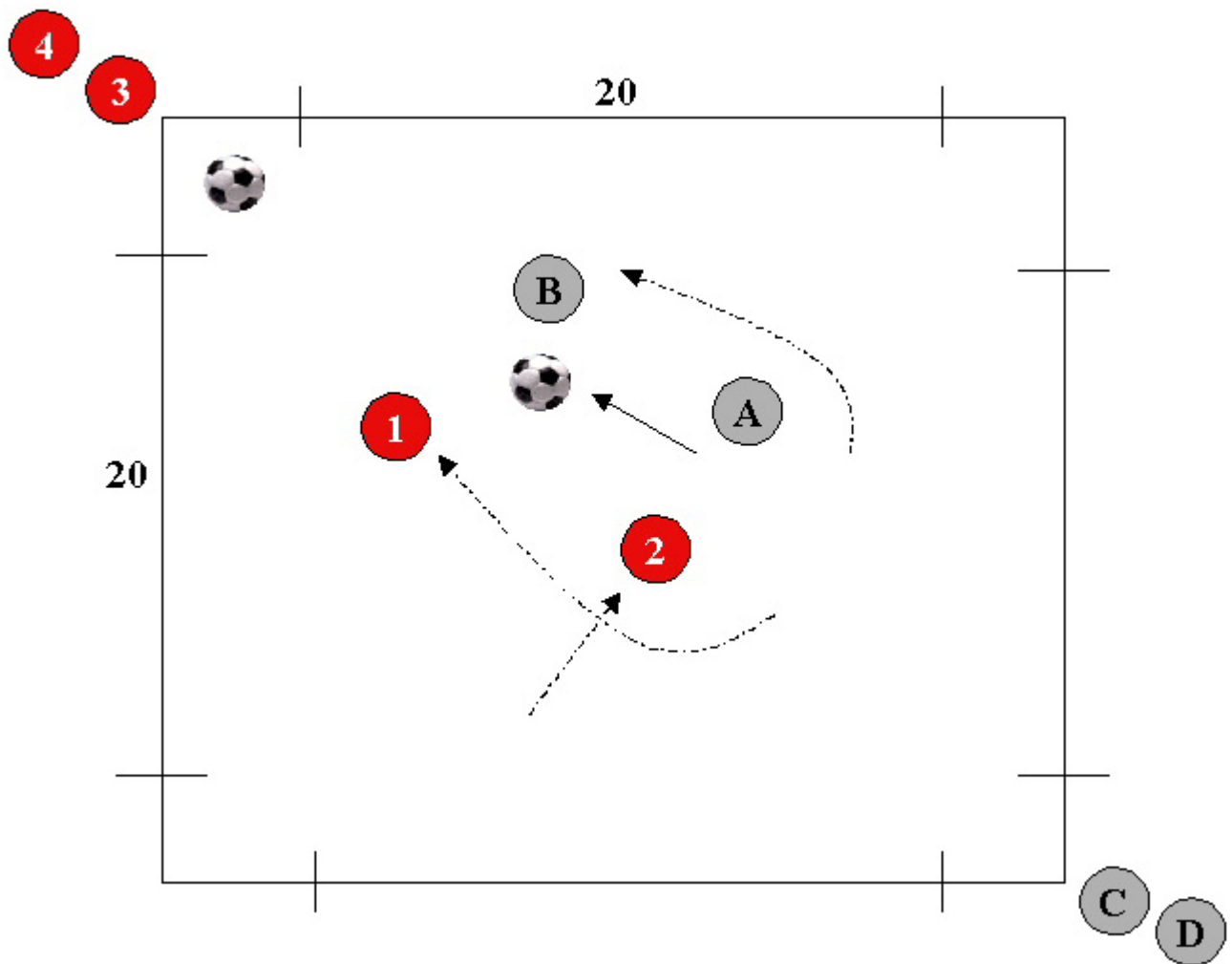


1. (B) Passes to (A) and overlaps. Defenders can do two things, (2) can take the overlapping player (B) which is (1) passing the player on and (1) taking (A). This means they change the players they mark.
2. The alternative is (1) tracks across to follow (B) on the overlap so they still mark the same player.
3. See over the page to see the result of this second move where we are dealing with man marking as opposed to marking zones as above.



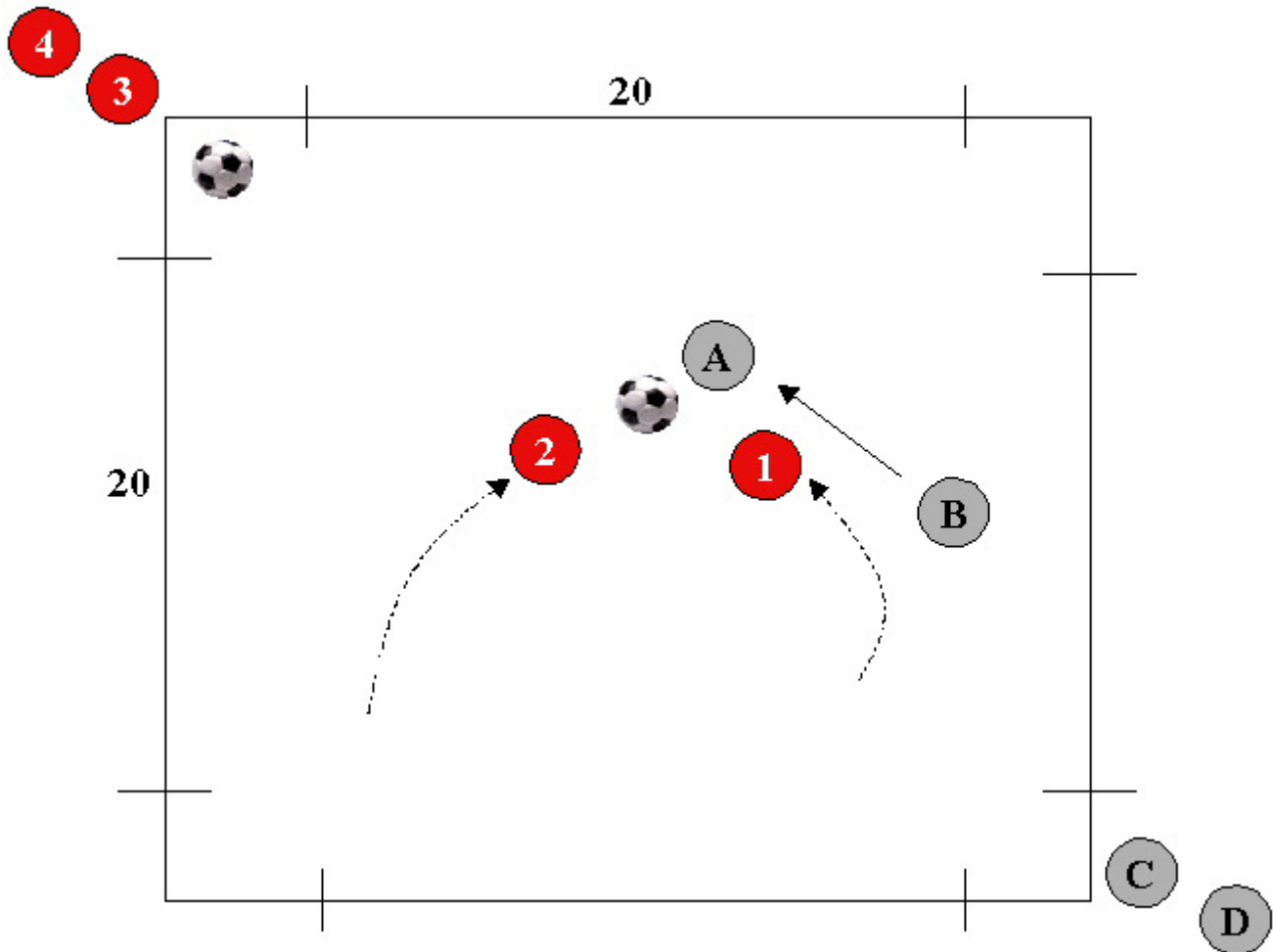
1. This action needs very good communication between players and constitutes marking zones as opposed to marking players.
2. Players need to communicate quickly and efficiently to effect this movement successfully.
3. The ball has been passed from (A) to (B) and (2) has left a position marking (A) to a position marking (B).
4. (1) Takes the shortest route and drops into a support position helping (2) who shows the player (B) inside.

DEFENDING IN A 2 v 2 SITUATION: MAN MARKING



1. This second course of action is easier for the players to understand as it constitutes man marking so they just follow the same player they previously marked.
2. It means more work for (1) to cover a greater distance to track the run of (B) but if players don't communicate well or quickly enough this is the correct course of action to take.
3. (2) would now drop back into a support position to help (1) and (1) would be best advised to show (B) inside now towards the support of (2) thus preventing (A) and (B) from getting behind them.

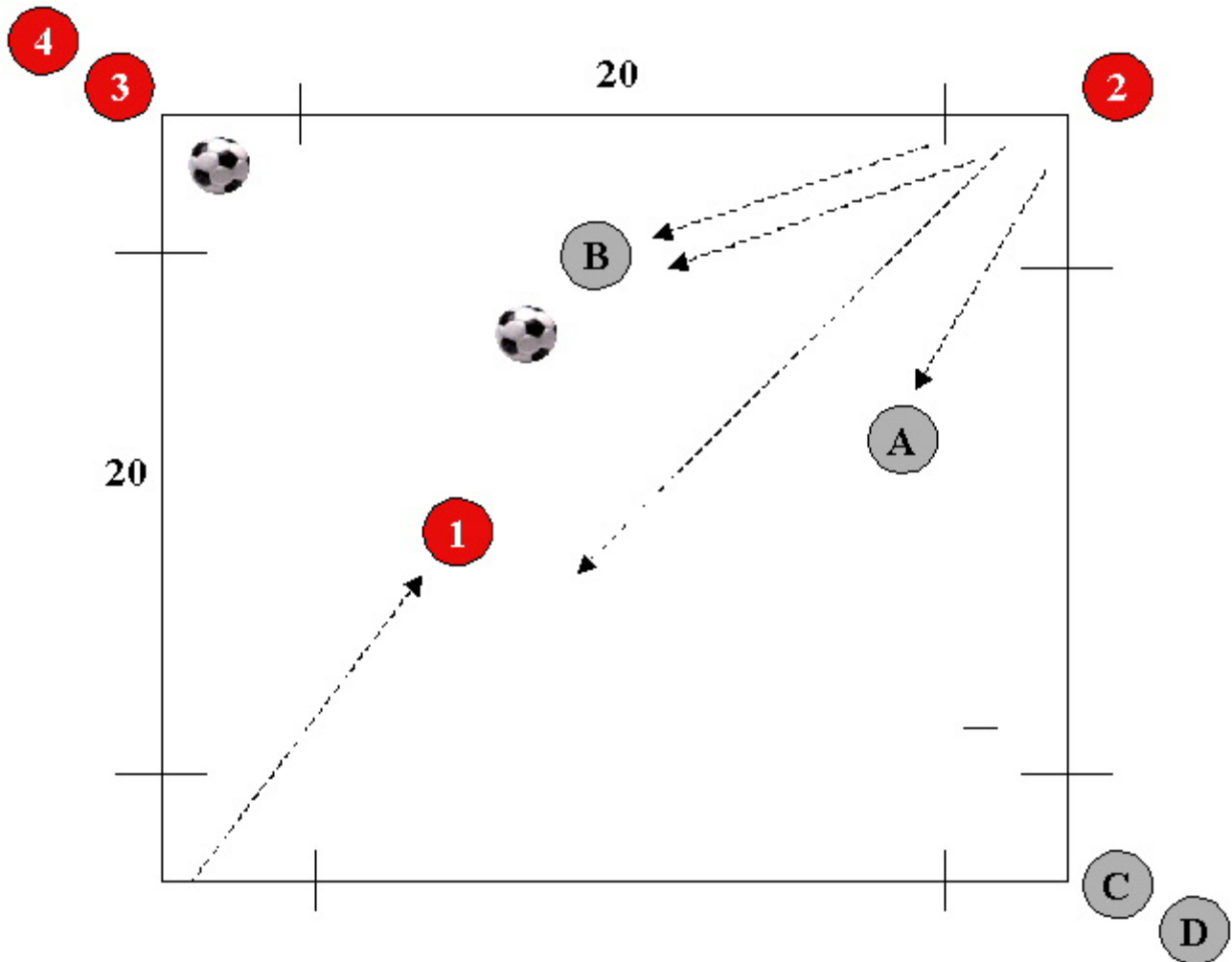
DOUBLE TEAMING IN a 2 v 2 SITUATION



1. Instead of using a “piston” type of movement which constitutes (1) closing down (B) on the ball and (2) supporting with the correct angle and distance but also taking up a position to be ready to mark (A) if the ball is passed as in the previous diagram, there is an alternative method of defending (see above).
2. Here the ball is passed from (B) to (A). If (1) is closer to (A) who is receiving the pass then this player closes the ball down in a way that prevents (A) being able to pass back to (B); this is getting in the passing lane. (1) May need to close down in a curved run to (A).
3. This creates a 2 v 1 situation in favor of the defenders as (1) forces (A) towards (2). This is **double teaming** the player on the ball cutting out (B).
4. The only danger is that the defenders must make sure they do not leave a space between (1) and (2) where (A) can pass the ball to (B) who has moved into the pass in front.

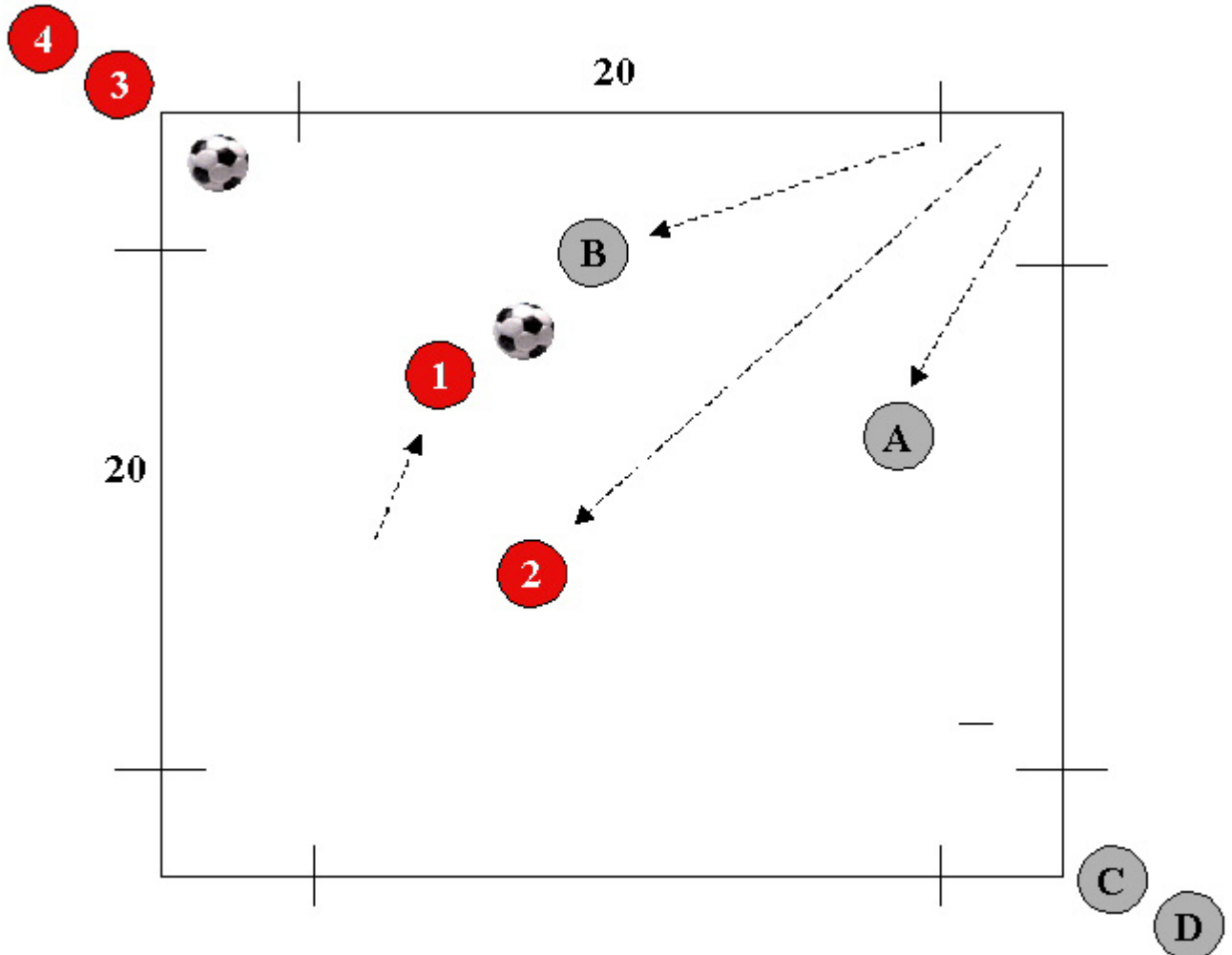
5. Pressuring from two players **quickly** from two angles should be enough to win back the ball and prevent this from happening.
6. This is a more **aggressive** type of action and is designed to win back the ball quickly and efficiently the piston type of defending in two's is a more patient, delaying type of action.

DELAYING IN A 1 v 2 WITH A RECOVERING SUPPORT PLAYER



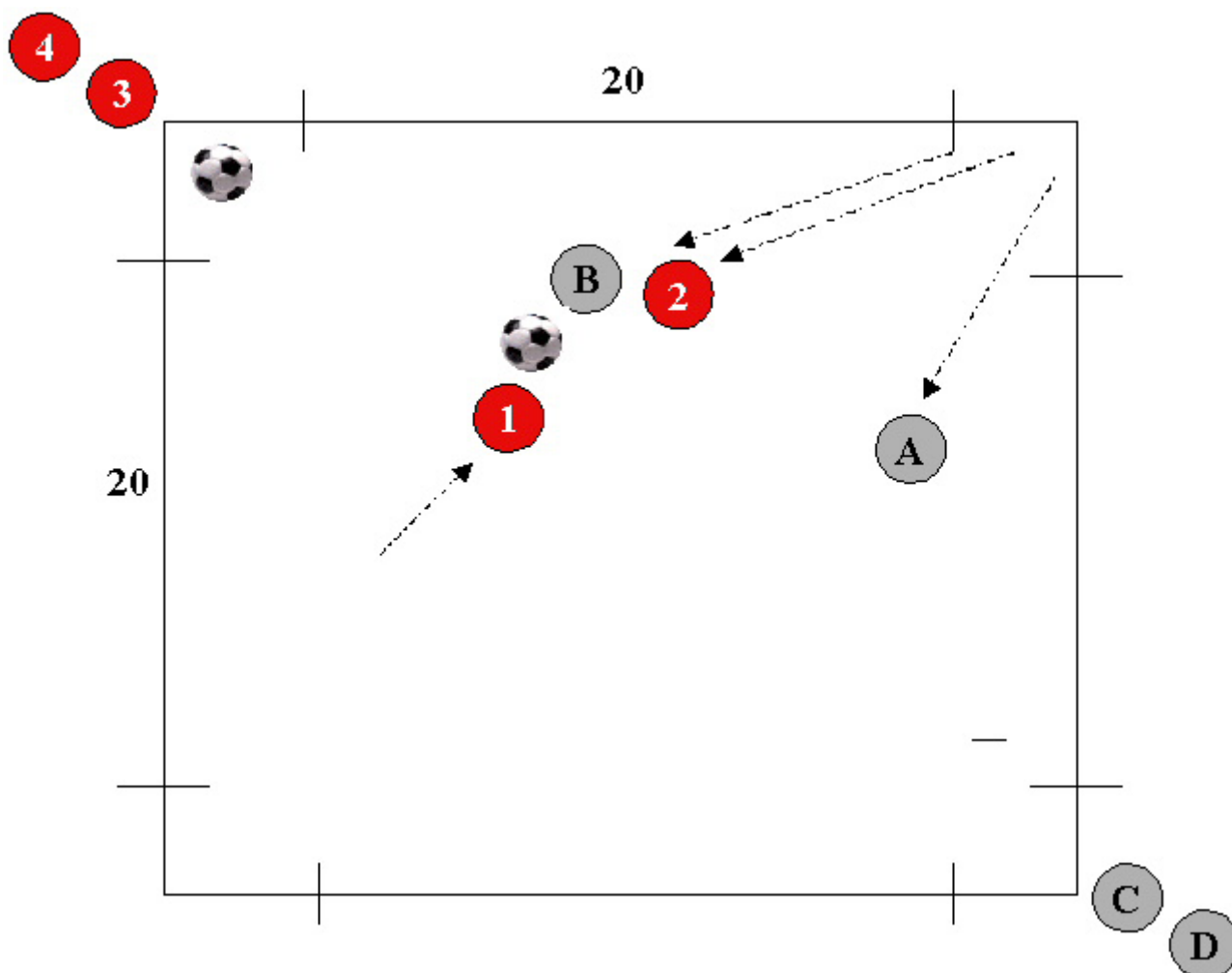
1. (1) Must **delay** the forward motion of the two attackers until (2) can join in. You can condition it to 5 seconds before (2) can join in to help.
2. (1) Takes up a position between the player on the ball, the attacking support player and the middle of the goal to keep the defensive balance. The purpose is to delay (A) and (B); hold them up until (2) can get into a position to support and create a 2 v 2.
3. (2) Makes a recovery run along the shortest route (along a line to the center of the goal) to get into a support position for (1).
4. Alternatively (2) can double up on (B) and attack the ball from the opposite side to (1). The diagram above shows both recovery runs that (2) can make.

- As (2) is getting into a support position for (1), this is the signal for (1) to put full pressure on (B). Previous to this (1) was in a delaying position between the two players encouraging them to pass the ball to each other but keeping it in front. (2) Can also offer information as they recover; “you press the ball” for example to (1).



- Here we see where (2) has recovered back to support (1) and as (2) gets into position, (1) closes down (B) forcing the player inside to the support.
- (2) Now has the job of supporting (1) involving the coaching points of angle, distance and communication, but also to shadow the movement of (A).
- (1) Has done a good job of delaying the forward motion of (A) and (B) to enable (2) to recover back.
- The recovery run is best along the shortest route back, and must not be too short or too long. Too short and the support for (1) will be too flat and the ball can be played in behind (2) for (B) to run onto in space, too long or

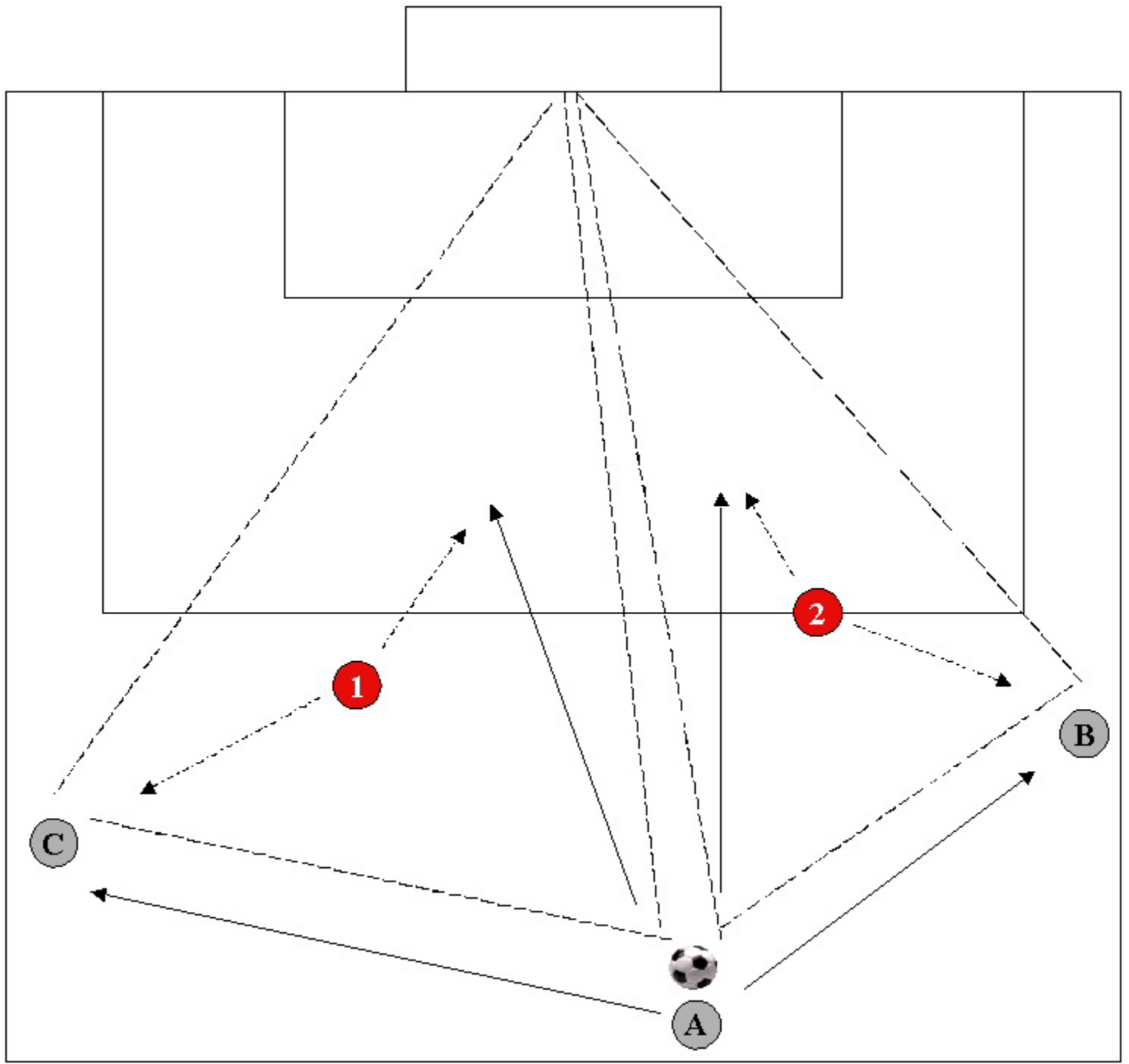
deep and there will be too much space for (B) to receive the ball and work in, (2) has to be close enough to close down (B) as the ball travels and arrive in a good pressuring position as the ball arrives at the feet of (B). Better still can (2) intercept the pass as it travels from (A) to (B)? The timing of the interception has to be exact here.



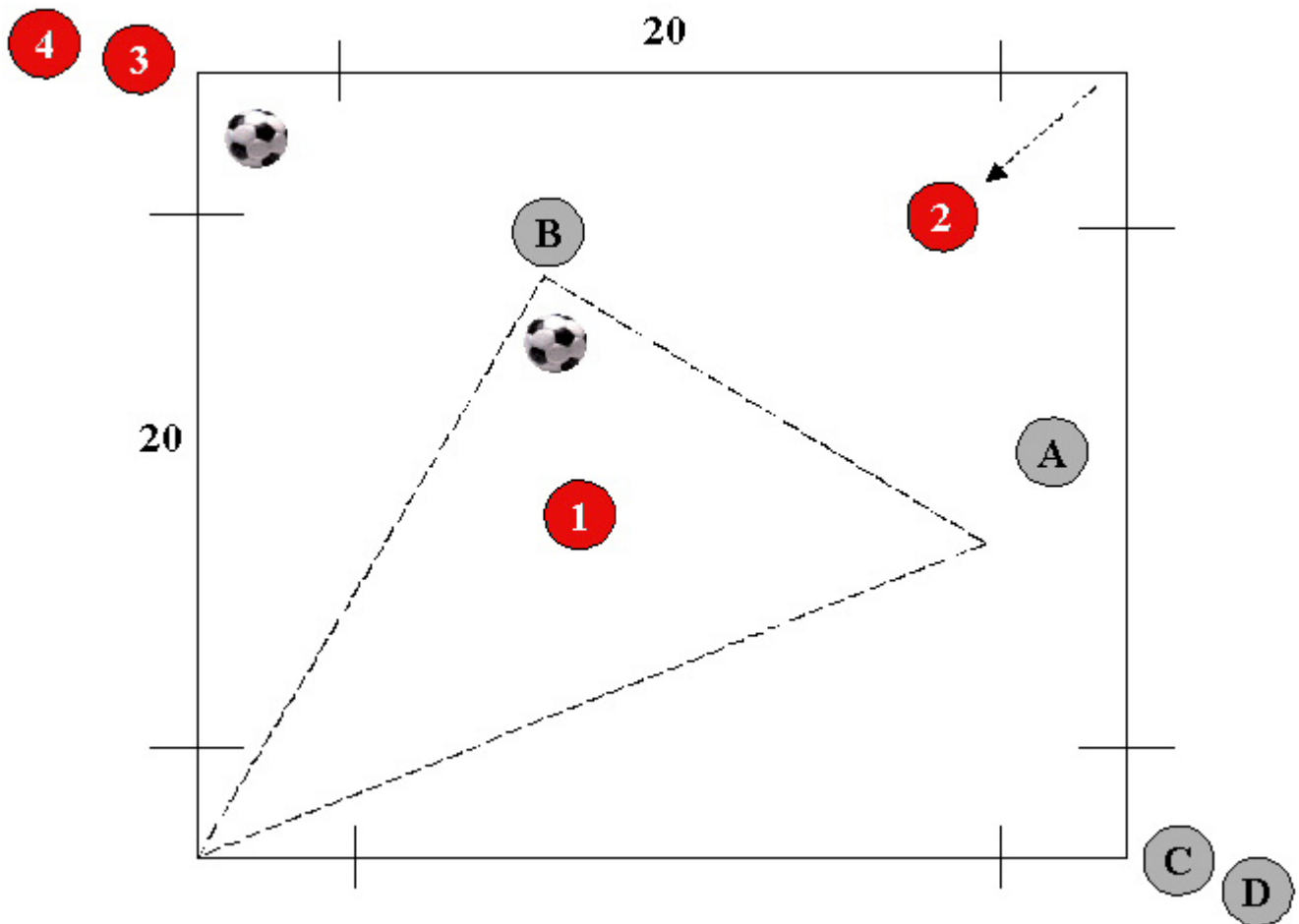
1. Here we show how the recovering player can double up on (B) to help (1) win the ball.
2. The timing of this movement has to be good because if (1) closes too early, the space is open for an easy pass from (B) to (A) and the defensive movement doesn't succeed.
3. There is always the chance of the ball being passed between (1) and (2).

4. To stop this (1) can close down and show (B) outside, away from (A) and step into that passing lane to (A) creating a 2 v 1 in favor of the defending team.
5. These are alternative ways for the recovering player to consider, it will depend on the moment in the game as to what the recovering player does.

THE ART OF DEFENDING: THE GUIDING TRIANGLE



1. If the ball is played from (A) to behind (1) or (2) the defenders should be first to the ball, if it's played to feet the defenders have time to close the attacker down as the ball travels.
2. The Triangle takes its' shape from the player on the ball, the center of the goal and the player each defender is marking. The defender should position inside the triangle. The closer to the ball the closer the defender marks the player, the further away from the ball the more the defender marks space.
3. From the defensive position the defender can see both the ball and the immediate opponent.



1. (1) Takes up a position inside the guiding triangle. The guiding triangle is determined by the position of the ball, the supporting player and the goal. Here a balanced position between the ball, the support player and the center of the goal has been achieved by (1).

2. (1) Must constantly adjust position to accommodate the movement of the player on the ball and the support player with the view of keeping the ball in front.
3. To help the defender, because there is no keeper in the goal, the attackers have to run the ball into the goal. If it were just a case of passing it into an empty goal it would be almost impossible for the defender to stop this. The reality is that in a game the defender if caught in a 2 v 1 against would at least have the keeper in goal to help.
4. (1) Above positions slightly towards the side to invite a pass from (B) to (A) to help delay their forward movement. As the ball is played across, if (1) can't intercept the pass then at least the ball has been kept in front. The secret is not to get too close to either player as this invites a pass in behind, (1) must maintain depth to avoid this.
5. If (1) was confident enough and a good enough defender then a 1 v 1 situation could be created by closing quickly and showing (B) outside using the body position to block off a pass to (A) and at the same time trying to win the ball. This would be the least likely course of action to take if there is the chance of delaying and getting help.

