



DEVELOPING DEFENDERS

Introduction

- Welcome
- Register and medical forms.
- Dave Jude
- Equipment for weekend.
- Communal and Informal.
- Lilleshall.

LILLESHALL REQUESTS

- Fire arrangements – room doors for information.
- Noise levels (TV,around the centre.)
- Public facilities – midnight closure.
- Valuables.
- No alcohol.
- Driving speeds.
- Food – collection and return.
- Make own bed !
- Smoking – forbidden on premises - £300 alarms !

Course Content.

- Changing game.
- Implications for defending.
- Fundamental defending factors.
- Modern and future defending skills.
- Your ideal defender.
- Central - back play and players.
- Wide - back play and players.
- Practical work to develop defenders.
- **Pre-course tasks !**

TECHNICAL - TACTICAL

RECENT CHANGES IN THE GAME.

1990 – 2009 (Game changes !)

- More teams regularly keep possession more often.
- More teams keep possession with longer passing sequences.
- More passing and receiving situations are evident.
- More goals scored from prolonged, passing sequences.
- More passes are now played below head height.
- More runs with the ball are made.
- More goals are scored from central approaches.
- More teams are regaining possession deeper and Counter Attacking quicker.
- Offsides now occur deeper.
- Tempo changes more marked.

20% more
than 2002

Prozone

CB's 85% + pass rates

From 50 + possessions !

OTHER SIGNIFICANT CHANGES:

- a) Improved playing surfaces.
- b) Ball speed increase.
- c) Improved footwear.
- d) Time keeping efficiency.
- e) Larger squads and player rotation.

SHIFTS – SUMMARY

SPEED

1. Distances covered and covered at increased speed have increased significantly.
2. The number of sprints & high intensity activities in a game has increased significantly.
3. The speed & number of direction changes - agility
4. Speed of players covering the ground.
5. The speed of the ball travelling between players.
6. The speed of tactical decision-making.
7. The speed of reacting to events during the game.
8. The speed of technical implementation.


SHIFTS - SUMMARY

TECHNICAL

1. Technical excellence seen as the solution to the game's challenges especially when performed at speed.
2. Expanded technical range in more players. (**More** can do **more** with **more** applied !)
3. Personal ball retention skills are vastly improved.
4. Wider range of assured and varied first touch skills at speed and under pressure
5. The ability to play 1 touch football accurately at pace is essential.
6. A variety of combination plays / interchanges now more common.
7. More craft ,deception and unexpected now displayed in performance.
8. ALL players / positions are expected to be technically competent and assured – some outstandingly so.

SHIFTS - SUMMARY

TACTICAL

1. Now a shorter passing “possession – based” game.
 2. More teams playing expansively using width and length of the pitch.
 3. Longer and more frequent passing sequences employing minimal touches as a tactic.
 4. Varied tempo football and modes – Counter Attack and building goals.
 5. More tactical variations – eg. Wide forward, no: 10. “wrong footed wide players.”
 6. The ability to play accurately into, inside and through congested areas.
 7. An increase in the central approach penetrations into the penalty box.
 8. More variation in the entries into, and playing within the penalty area.
 9. The “ holding “ MF player (s) / screen player as a vital tactical concept.
 10. Defensive “blocks” are set up quickly with teams defending later
 11. The changing roles and requirements of positions eg No: 9,FB’s, W’s etc
 12. Increased variety of penetration tactics on the flanks.
 13. The implementation of counter-attack as a tactical priority.
 14. More consideration given to zonal defending at set plays.
- 

SPAIN 2008 – ALL but one final pass made from the central 44 yd wide approach

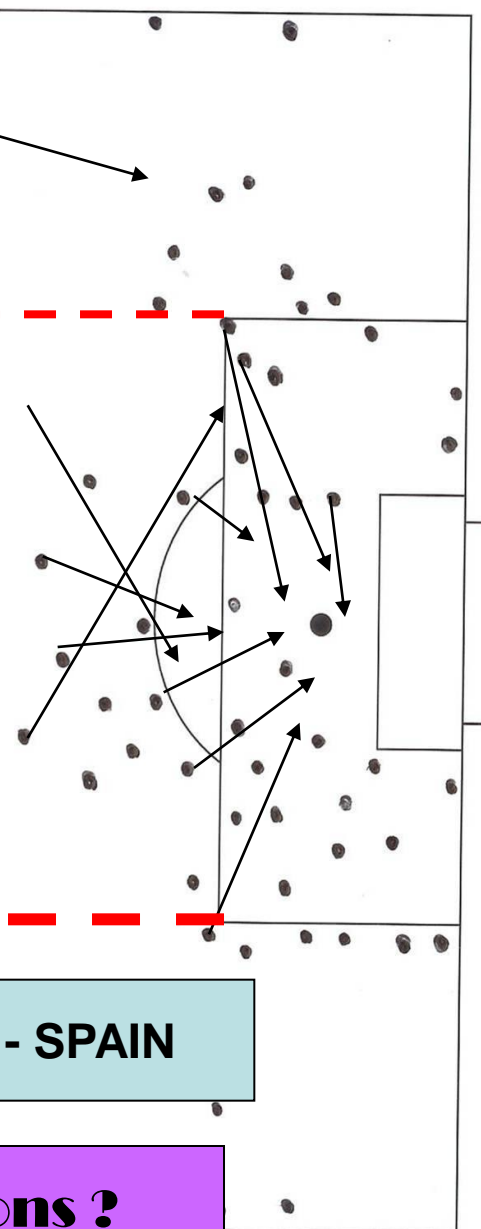
Spain

EUROPEAN CHAMPIONSHIPS 2009

LOCATION of the FINAL PASS

FINAL PASS FOR THE GOAL - SPAIN

Defensive implications ?



FUTURE FOOTBALL

WILL BE :

FASTER.- ball speed between players,player movement,
decision making,technical implementation.

UNORTHODOX.- un-expected,unusual skills will be necessary.

VARIED.- game tempo,technique requirements,game styles

INTELLIGENT.- individual,team-tactical decision making.

DISGUISED.- deceit to beat the block and stubborn defenders.

POSSESSION BASED.- ball retention,precision and incision with
possession.

INVENTIVE.- more “solo” players and “mavericks” will flourish.

UNIVERSALITY – will be paramount - all must play as necessary.

INSTANCY – will be crucial. (NOW is the time.)

ATHLETICISM. - Significantly enhanced.

FUTURE DEFENDING REQUIREMENTS ?

Defending Implications.

- **Longer defending phases** – capability for prolonged defending.
- **More defensive decisions and directional changes** per game.
- **More split second directional changes to make at high speed.**
- **Increased demand for mobility range in lower body especially.**
- **Increased demand for agility, acceleration, deceleration, explosion.**
- **Increased demand for lower limb and foot speed.**
- **Increased demand for rapid changes in stride cadence.**
- **Quicker defensive activity in response to unorthodoxy and speed.**
- **Excellence in defending alone in counter attack situations.** (ie at speed some 30-40 yds from goal.) moving backwards ,sideways etc
- **Increased demand to defend against quick interplay** near to goal.
- **Defensive intelligence (“knowing”) and ability to read and respond to events will be paramount.**

FUTURE DEFENDING REQUIREMENTS

Will be ----- ?

Future Individual Defending Skills

Read the Game

- Defend the “feints” & directional changes.
- Defending & recovering when off-balance !
- 1 v 1 dominance. (ALL skills) – pressing, interception, spoil etc
- Defending the “counter attack” (individually).
- Defend opponents combined movement and “inter-changes “.
- Fast “shifts” & turns in the “tight”.
- Increased foot and lower limb speed to match quicker player & ball speed.
- Quicker acceleration / deceleration and speed !
- Quick changes of running cadence & directional changes.
- Body work under pressure
- Calculate ball speed, flight and spin quickly.
- All ball playing requirements !

Anticipate

**READY the body
and head !**

Awareness ?

“INSTANT” decision-making



FUNDAMENTAL DEFENDING SKILLS ?

BASIC ESSENTIALS

- Marking – how close / Why ?
- Tracking- from distance
- Closing down / pressing.
- “Jockeying” in 1 v 1.
- “Working” an opponent.
- Inviting a pass.
- Intercepting and spoiling passes.
- Challenging for the ball.
- Screening pass routes.
- Recovery runs.
- Blocking
- Deception

Make them change their minds !

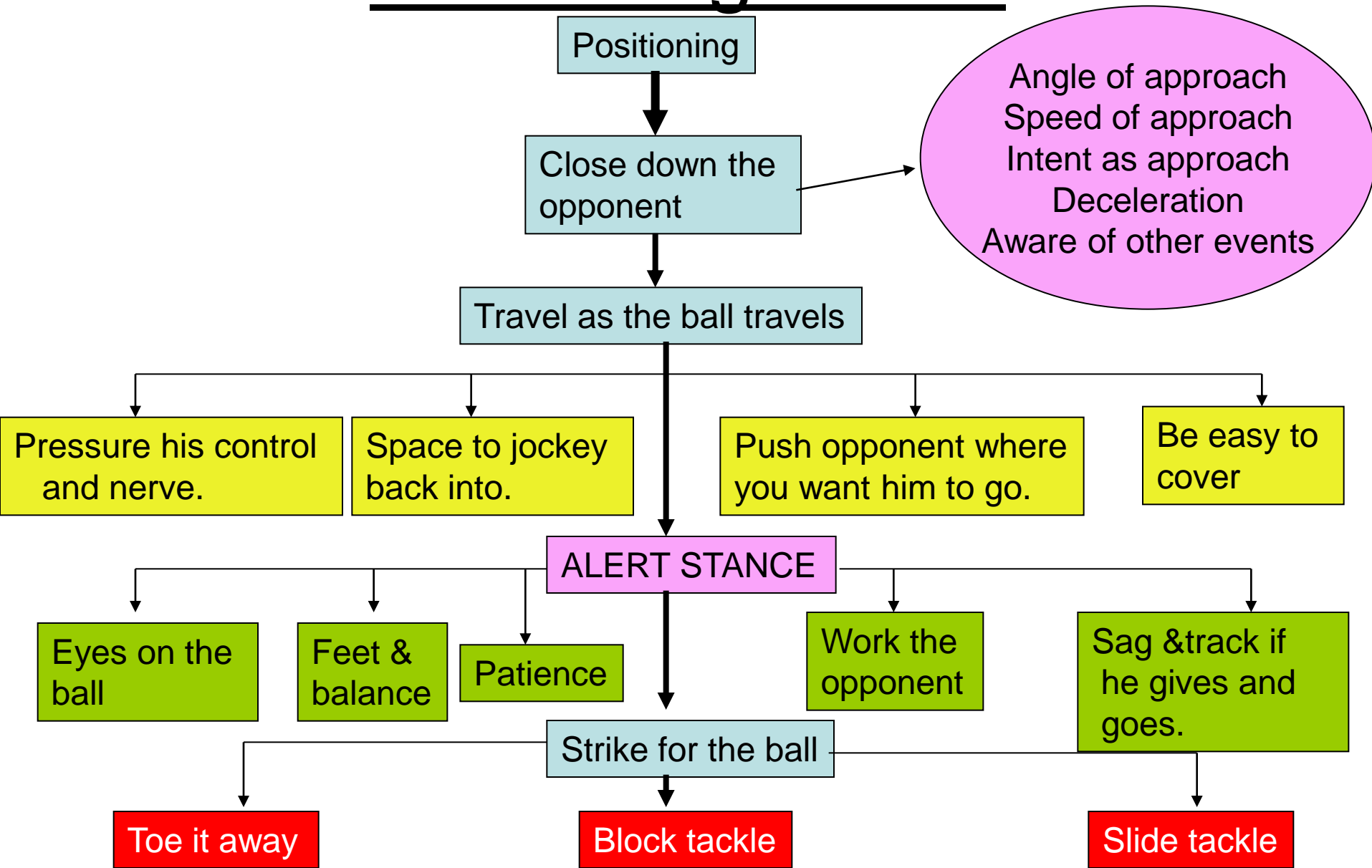
Playing chess !

No way through or past

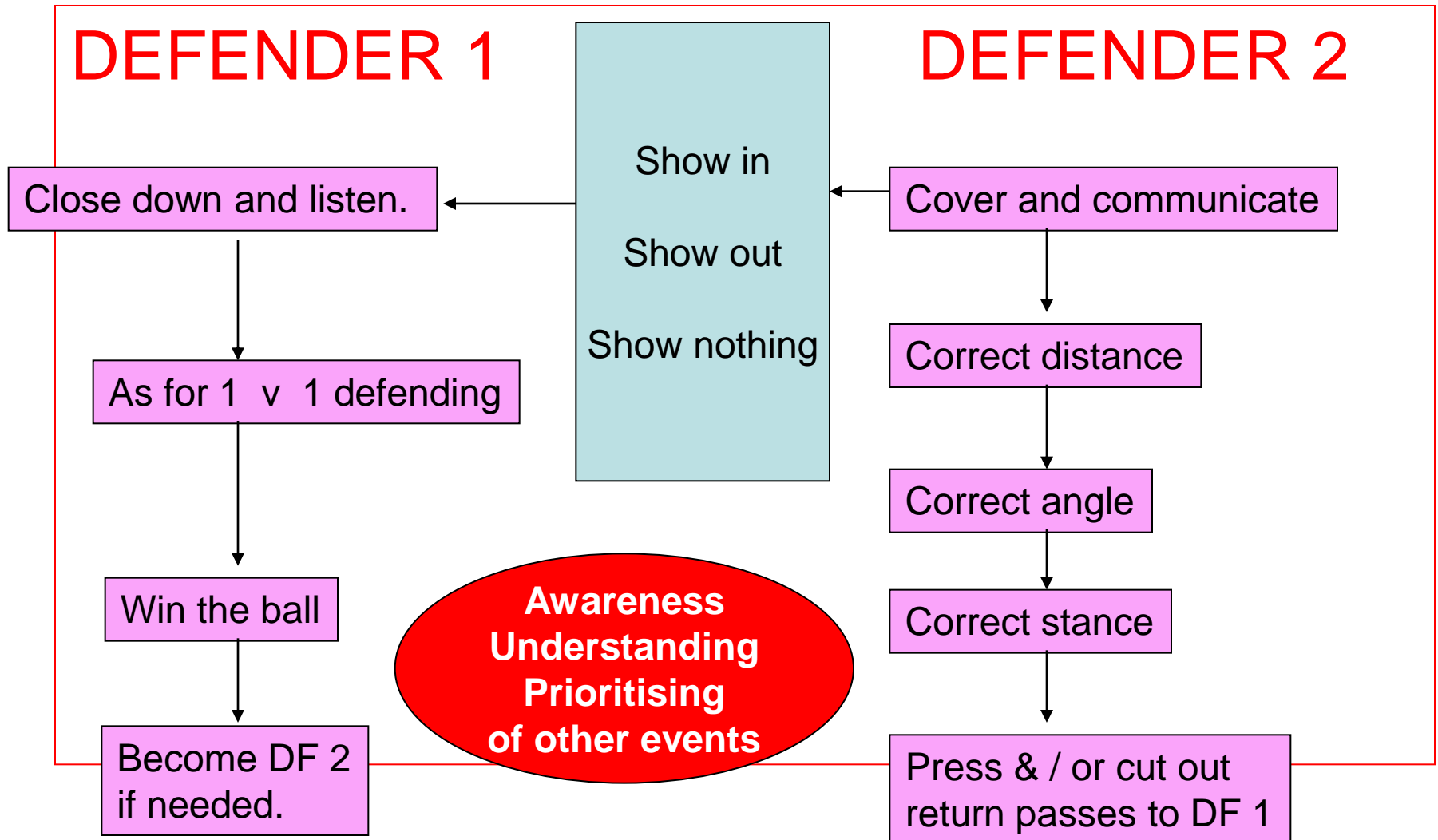
**Limit the possibilities
and options**

**Take his / their
game away.**

Defending 1 v 1



DEFENDING 2 v 2



UNDERSTANDING & INTELLIGENCE

- **Role Understanding.**
- **Responsibilities - clarity.**
- **Principles of Play understood.**
- **Priorities calculated.**
- **Defending event in which I am now involved.**
- **Defensive situational priorities.**
- **Team tactical objectives.**
- **Opposition tactics etc.**
- **State of the game – score, time, momentum,etc**
- **Ascendancy – me or him ? (what to do about it ?).**
- **Immediate opponents strengths, habits, preferences, dislikes.**
- **Own capabilities and deficiencies.**
- **How to still be effective against a superior opponent.**
- **The intentions of the ball holder !**

AND ?

DO IT !

DEFENDING ACTIVITY

Positioning
Press prevent & and predict.
Intercept, spoil, challenging.
Contain in 1v 1
Delay in 1 v 2
Tracking
Marking
Screening & covering
Balancing
Back-tracking
Passing on opponents.
Creative clearances & heading
Possession excellence.
Safe trick.

WHAT'S POSSIBLE ?

PRIORITISING

From game understanding
From team tactics
From events
From constant evaluation
From own capabilities.
From actions of others.

**D
E
F
E
N
D
I
N
G**

**Decisive
Vigilant
Still
Considered
Courage**

DEFENSIVE INTELLIGENCE

**The power of
understanding
&
reasoning !**

WHAT'S HAPPENING ?

AWARENESS

Visual, auditory, kinaesthetic.
Positioning and location.
Of team tactics.
Role & responsibility.
Own capabilities – 80/20's
Abilities and habits of team - mates
Of events unfolding.
Accurate expectations (reading game)
Own state – mental, athletic, injury etc
State of the game

WHAT'S NEEDED ?

UNDERSTANDING

Role and responsibilities.
self & others
Principles of play
Safety and risk elements.
State of the game
–score, time,
strategic objectives etc
Opponents strengths, habits etc
Solution to the problem !

PSYCHOLOGICAL ATTRIBUTES ?

PSYCHOLOGICAL ATTRIBUTES !

- Determination
- Stoicism
- Durability
- Mental toughness
- Resilience
- Courage – mental and physical.
- Appetite for defending – a “love” for defending !
- Alertness
- Awareness
- Concentration
- Belief
- Composure

“ I was born to defend.”

**Hugo Montero
Uruguay**

“ You have to love not having the ball.”

New Zealand All Blacks

YOUR IDEAL DEFENDER ?

DEFENDERS WHO . . .

- Receive the ball and play **in** and **from** the defending third of the field.
- Run with the ball into MF and beyond with speed and control.
- Are able to combine play with MF players intelligently on entering the MF areas.
- Can deliver passes with either foot and any surface over a variety of distances with deception and spin if necessary.
- Know how and are able to, release appropriate passes into players located in MF areas.
- Are able to provide forward placed players with appropriate passes behind and in front of the defence.
- Understand the priorities of defending and the concepts of defensive safety and risk.
- Can read and predict the play and are then decisive when making decisions.
- Are able to defend in 1 v 1 situations from static and fluent circumstances e.g Counter attacks.
- Understand the priorities in individual defending circumstances e.g Intercept, spoil, mark, track, pass-on opponents-laterally and vertically etc
- Can defend with composure and accuracy.
- Have explosive speed over 5 – 15 yds.
- Have “pace” ,and explosiveness in their general movement.
- Have “spring” if not height when competing in aerial challenges.
- Are mentally “adaptable” in a variety of defending circumstances.

PRACTICE TO ACHIEVE THIS ?

Regular Practice Content

DEFENSIVE TACTICAL CONTENT

- Pressing with four forwards in A1/2.
- Pressing with three forwards and a “shadow striker”
- Team pressing / compression of the play.
- Recovering, and defending from a deeper line-how deep.?
- Team defending in the defending half and defending third.
- Forward and midfield units defending together – early and later.
- Back line defending as a unit.
- Back and MF units – combined defending.
- “Sliding and squeezing” as a team.
- A “compact” defensive unit- “narrow and shallow.”
- Securing the space behind the back line.
- Protecting the space ahead of the back line.
- Back 8 defending ahead of, and in the DF 1/3rd.
- The 35 yd: circle- “zero tolerance “ area !
- Defending the Counter Attack-immediate reaction to transition..
- Whole team 11 v 11 defending.
- Defending set plays in the DF 1/3rd.
- **Read , anticipate, prioritise and act decisively.**

“Knowing how to organise a position for a defence, but also how to defend within it it.”

**With the intention
of Counter - Attacking**

Phases and 11 v 11

And Games.

Regular Practice Content

Defensive Technical Content.

**Individual and unit
AWARENESS.**

- Defending alone in a Counter Attack context.
- Showing “infield,outside and nothing”.
- “Screening” opponents preferred pass options.
- Pressing and containing opponents. (from front and rear.)
- Interceptions, Spoiling, Challenging, Blocking- passes, crosses and strikes.
- Marking and tracking opponents.
- “Shifting” and “turning” in “tight” defending situations.
- Heading from a variety of ball trajectories.
- One touch clearance , “directing “ skills -head,volley etc)
- Developing a range and craft when passing the ball.
- Bodywork – receiving and protecting the ball.

Individual, group, functional practice.

The ART OF COACHING.

“The art of coaching is lost when coaches fail to realise the depth to which the game should and must be taught.”

Allen Wade

MARKING

Why ? (Prevent ,encourage ,discourage etc:)

Who ?

How ?

For how long ?

Taking over marking duties.

PRESSING

Anticipation & readiness.

When to "set-off"

Intent of the press ?

"DUAL" job - screen as you press.

Approach "craft", speed & direction changes.

Body stance ,cadence change ,balance change etc

Distance and provoking unwanted activity from oppt:

Forcing on patient control of the event ?

CENTRAL BACKS



Presentation

Animation

Game Analysis

Fitness

Game Analysis

PROZONE FOOTBALL

1st Half 2nd Half

00-15 15-30 30-45 ALL

INDIVIDUAL

INDIVIDUAL V INDIVIDUAL

TEAM

TEAM V TEAM

Distribution

Passes Received

Interceptions

Shots

Tackles

Fouls

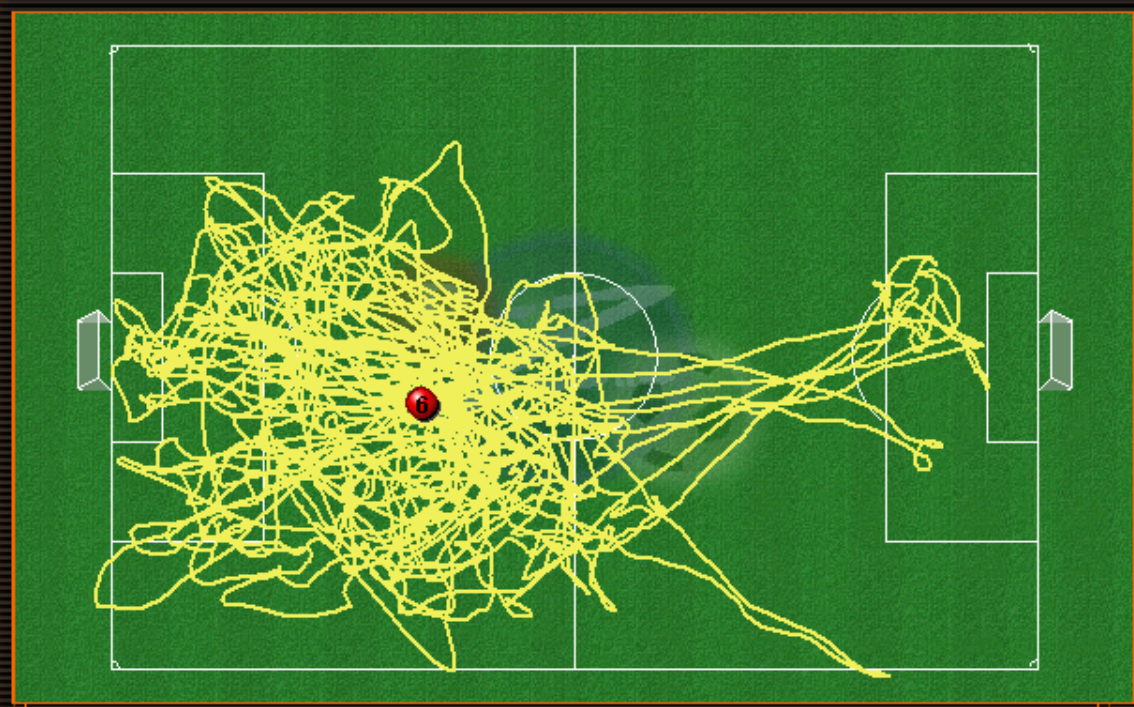
Offsides

Blocks

Dribbles

Playing Positions

Player Traces

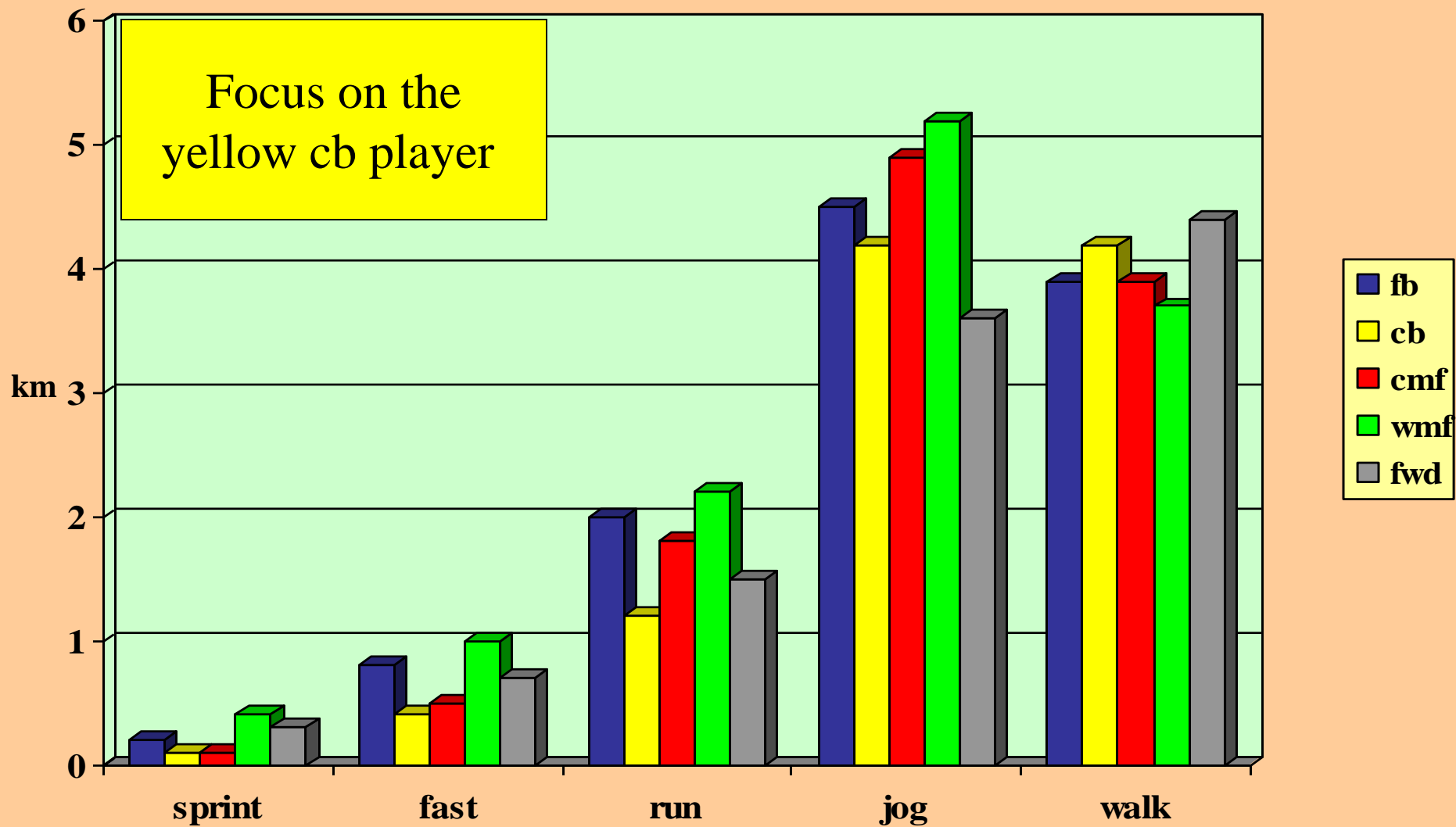


Adult
Central
back
players



Direction of Attack

Display Chronologically



PHYSICAL OUTPUT

- Players run between **5 and 8 miles +** (8-10 + km)
- Exercise at a pace that represents **70-80%** of Endurance capacity.
- Walk,jog,sprint,cruise,jump,stretch,pass,head,tackle,shoot----**1100 changes in exercise intensity,and changes of direction per game.**
- Be in **contact with ball for 2-3 minutes** only.
- **Turn some 400-450 times through 90 degrees** or more during the game.

Central Backs - PREMIERSHIP

ATHLETIC OUTPUT

PREMIERSHIP - BEST		AVERAGE
Distance Covered	11652 m	9797m
High Intensity Distance	1308 m	624m
High Intensity - with ball	376 m	124m
High Intensity - without ball	867 m	441m
High Intensity – ball out of play	331 m	58m
No: High Intensity Activities	191	86
Sprint Distance Covered	497 m	162m
High Speed Runs – Distance	854 m	462m
No; of Sprints	71	23
Recovery Time	30 secs	72 secs

SPRINT – 21 km per hour.

HIGH SPEED RUNS – 18 – 21km per hour.

RUNNING – 14 – 18 km per hour



CENTRAL BACKS TECHNICAL PROFILE

CENTRAL DEFENDERS

TECHNICAL PROFILE

PREMIERSHIP BEST		AVERAGE
Total Passes	114	25
Successful Passes	113	20
Pass Success %	100	82
Passes forward	69	13
Passes received	105	21
Average no: touches	1.65	
Headers	35	13
Tackles	11	3
Interceptions	48	22
Crosses	3	0
Shots	4	0



ROLES AND RESPONSIBILITIES OF THE CENTRAL BACKS ?

CENTRAL BACKS - Role !

- Operate in and control central approaches to goal and opponents entering those areas.
- Protect and control the space between the Gk and back line.
- Control, direct and organise defensively the wide backs and midfield players to maintain the defensive structure of the team.
- Deflect, delay and disrupt central attacking approach play.
- Position, mark and be first to the ball in the goal-scoring areas to prevent strikes at goal.
- Initiate and contribute to attacking play from the defensive and middle thirds of the field.

RESPONSIBILITIES

- Organise and direct fellow defenders within the team defending structure.
- Track mark and “manage” forwards in central approach play and goal-scoring areas within 30 yds of goal.
- Mark opponents or space to be first to the ball from crosses and passes into the penalty box.
- Combine with fellow defenders in marking, tracking and passing on attacking players.
- If possible, cover and support fellow central backs in 1 v 1 and 2 v 2 defensive situations.
- Position and receive passes from the goalkeeper and other players usually in the defending and midfield areas of the field.
- Retain and progress possession creatively usually in the defending and middle third of the field.

From the horse's mouth !

**Be a spoiler !
Treat it like a game of chess.
Always a swivel head.
Control your unit.**

**Shoulders half-turned
1 v 1 – be low ,light and alert.
Get him turned –keep him turned.
Follow in shots on your goal.
Believe in your shape
& communicate to keep it.
Defend the “may-be’s.**

Two professional central defenders.

1000 league games in all divisions !

International football

European football.



DEFENDING AND ATTACKING SKILLS REQUIRED ?

CENTRAL BACKS - Skills required

DEFENSIVE SKILLS

- **Reading, understanding and anticipating the development of play.**
- **Positioning accurately.**
- **Capability to accept changes of responsibility and act accordingly.**
- **Accurate marking and tracking skills.**
- **Ability to intercept passes and crosses.**
- **Ability to screen passing options and block passes and crosses.**
- **Ability to “spoil” opponents possession and to contain when they are in possession.**
- **Ability to press and “show” opponents in various directions as required.**
- **Ability to defend alone on counter-attacks or in static circumstances.**
- **Ability to challenge for the ball and win possession.**
- **Ability and courage to block shots at goal**
- **Ability to support, and cover fellow defenders and spaces as required.**
- **Heading ability.**
- **1 touch intercept and “directing the ball” skills with feet, head and body.**

Never taken by surprise – awareness and use of all senses !

CENTRAL BACKS – skills required.

ATTACKING SKILLS

- Ability to support others accurately.
- Reliable, assured and varied first touch.
- Ability to accurately pass the ball over a variety of distances.
- Ability to travel with the ball at varying speeds.
- Ability to perform a “safe trick” when necessary.
- Ability to disguise intent when receiving and releasing the ball.
- Ability to participate in combination play.
- Ability to protect the ball if under pressure.

Central Backs –Technical Practice

- Receiving & Carrying the ball if appropriate and safe.
- Ground and aerial passes off the run.
- **Medium and Long Range Passing. (Ground and aerial passes.)**
- **Long driven, diagonal passes. (50 – 60 yds little backlift.)**
- Changing the play “passes” if necessary especially diagonal play changes.
- **Measured passes to and for front players- 40 yds +.(aerial, ground.)**
- “Fast” and “hidden” ground passes. (15 – 30 yds. – through MF especially)
- Receiving the ball –ground / aerial , under pressure.
- **All heading skills- straight, across field, diagonals, “drop-off heading” etc**
- **Marking,tracking and back-tracking skills.**
- **Interception ,spoiling and tackling skills.**
- **Blocking** shots and crosses.
- Defending “dummies.”
- **Defending against Counter attacking players.** (Alone ! and in pairs and units.)

WIDE BACKS



Presentation

Animation

Game Analysis

Fitness

Game Analysis

PROZONE FOOTBALL

1st Half 2nd Half

00-15 15-30 30-45 ALL

INDIVIDUAL

INDIVIDUAL V INDIVIDUAL

TEAM

TEAM V TEAM

Distribution

Passes Received

Interceptions

Shots

Tackles

Fouls

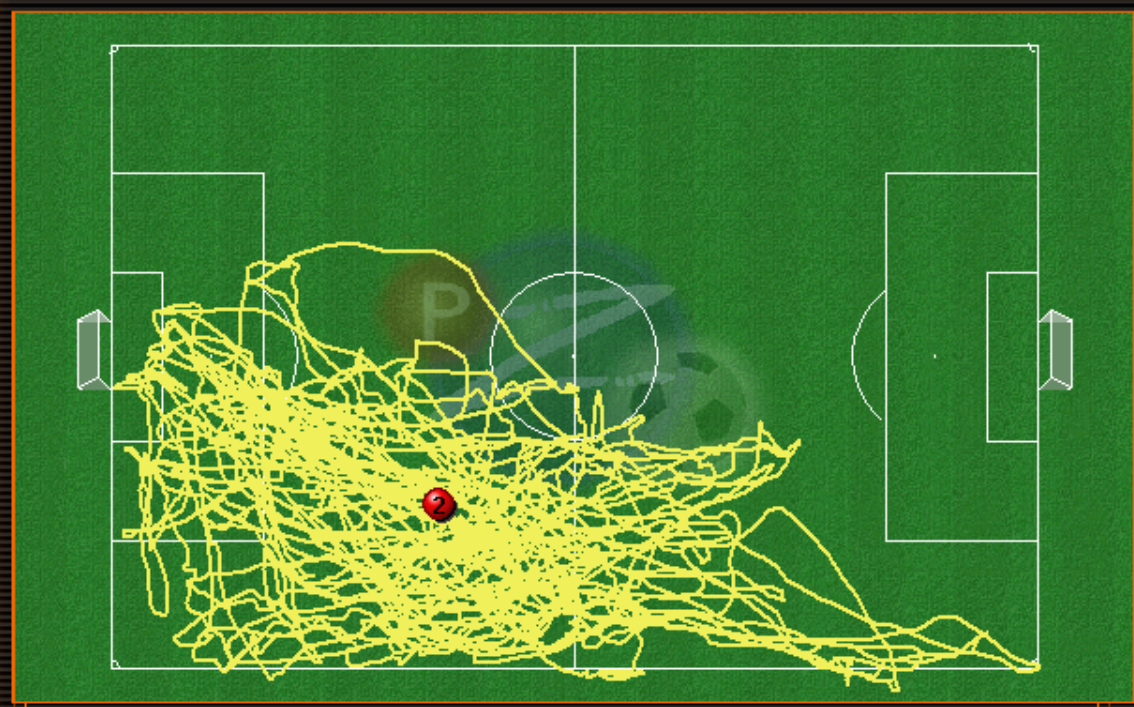
Offsides

Blocks

Dribbles

Playing Positions

Player Traces



Adult
wide
back

Display Chronologically

Direction of Attack

Phil Neville (Everton)



AT 31, he has lost a bit of his recovery pace and West Ham's Bellamy and Sears exploited this. Etherington ensured the left flank was West Ham's most productive route.

Neville made useful long throws but these days is perhaps a better holding midfielder than right-back.

Minutes on pitch90
Pass completion..... 71.1%
Tackles made 1
Verdict Full Stop

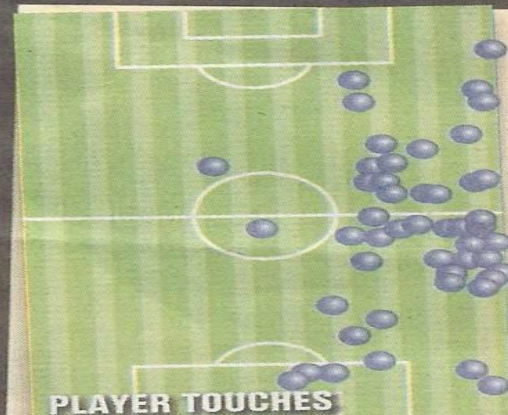
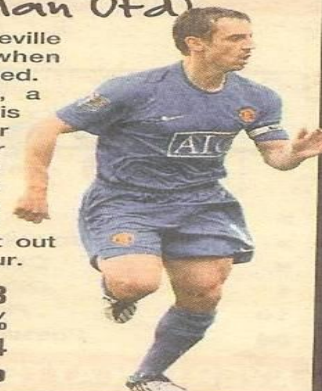


Gary Neville (Man Utd)

NOT at his best, Gary Neville looked vulnerable when Arsenal's Clichy overlapped.

For the opening goal, a wicked deflection off his knee wrong-footed keeper Van der Sar. And for Nasri's second, Fabregas spun him like a top before delivering the killer pass. Looked like a fading force and was put out of his misery after an hour.

Minutes on pitch63
Pass completion..... 80%
Tackles made4
Verdict Full Stop



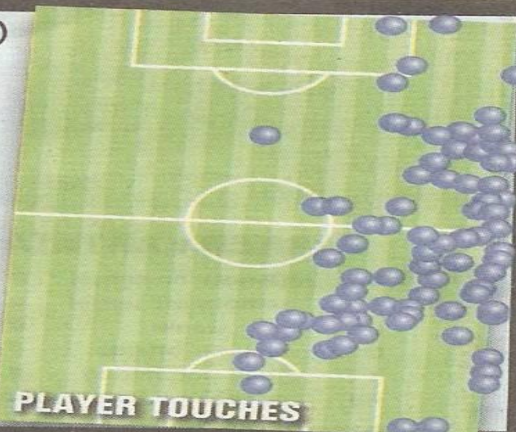
Glen Johnson (Portsmouth)



GLEN JOHNSON for England? Big hair, big showing. Johnson was authoritative at the back and one of Pompey's liveliest going forward.

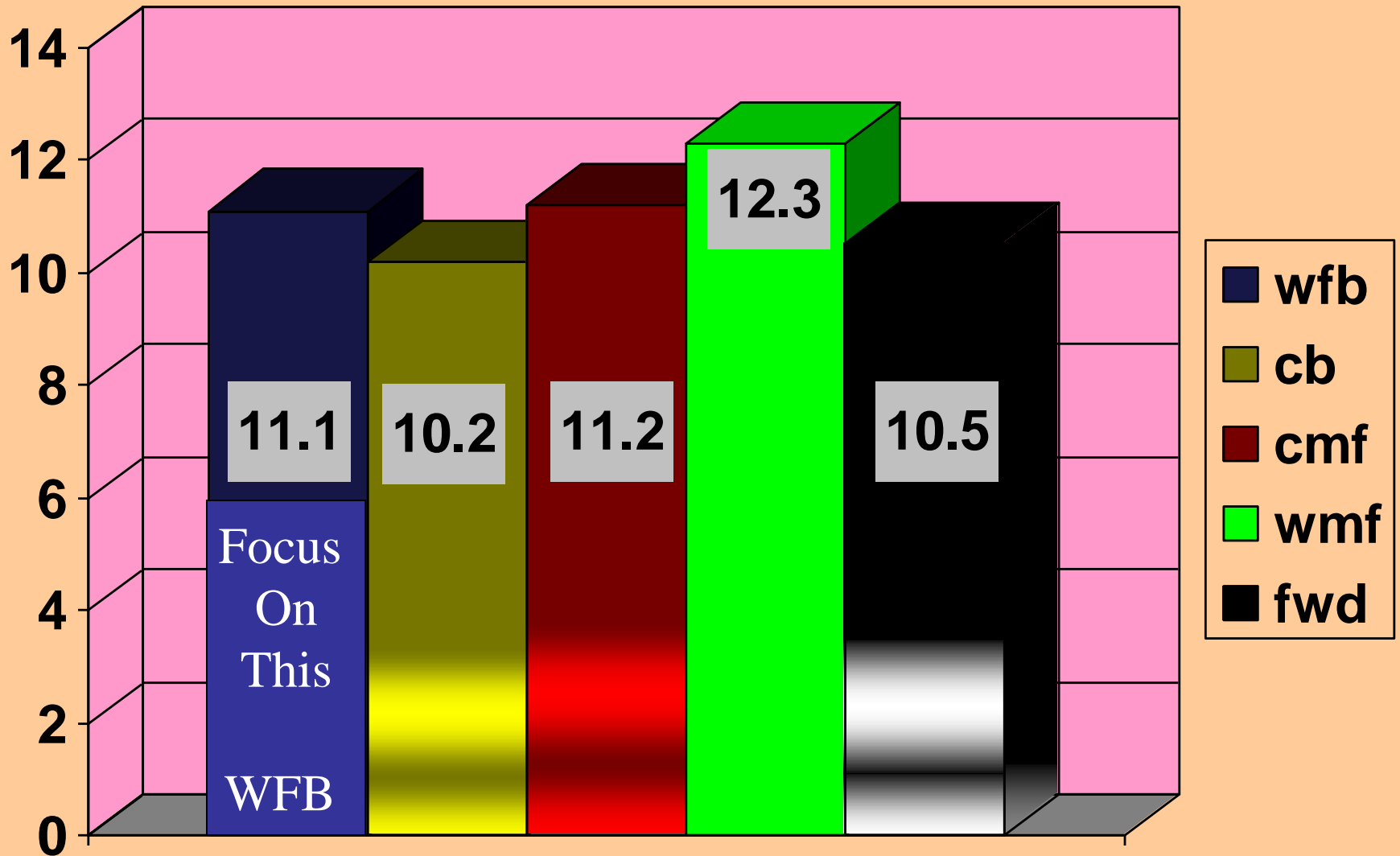
Life away from Chelsea suits him. Reliable and sharp in the tackle, Johnson impressed and should not give up on playing for his country again.

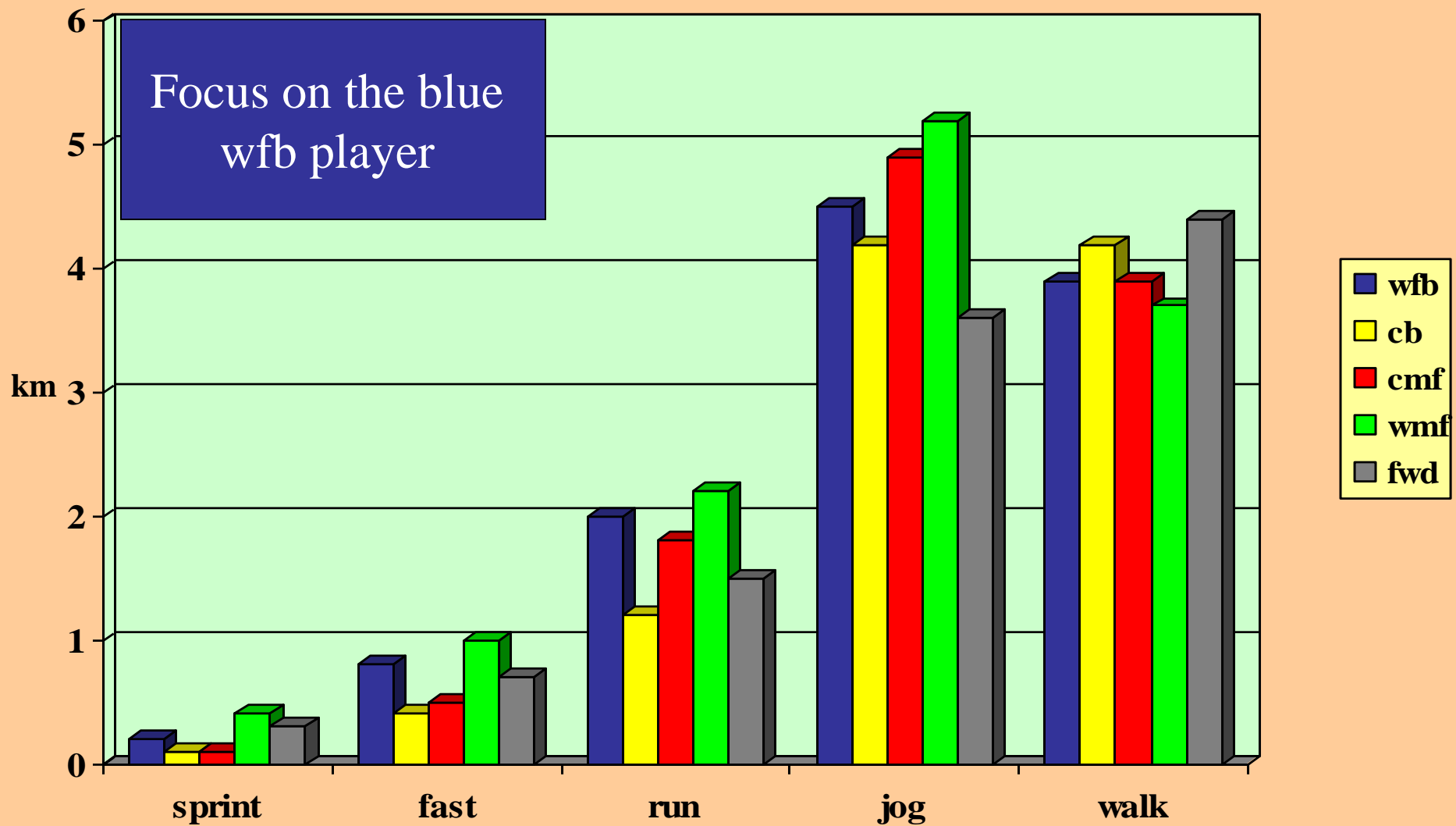
Minutes on pitch90
Pass completion..... 89.4%
Tackles made3
Verdict .. Full steam ahead



MODERN **FULL BACK** CONTACT SCATTERGRAPH

DISTANCES COVERED





Wide Backs - PREMIERSHIP

ATHLETIC OUTPUT

PREMIERSHIP BEST		AVERAGE
Distance covered	12576 m	10586m
High Intensity Distance covered	2166m	988m
High Intensity – with ball	1401m	412m
High Intensity – without ball	1139m	528m
High Intensity – ball out of play	205m	65m
No; High Speed activities	249m	124m
Sprint Distance	891m	283m
High Speed Runs – distance	1387m	710m
No; Sprints	109	40
Recovery Time	22	49

WIDE BACKS

TECHNICAL PROFILE

PREMIERSHIP BEST		AVERAGE
Total Passes	93	36
Successful Passes	82	27
Pass Success %	100	78
Passes forward	58	20
Passes received	95	36
Average no: touches	1.99	
Headers	25	10
Tackles	13	4
Interceptions	34	16
Crosses	13	2
Shots	5	0



ROLE AND RESPONSIBILITIES OF THE WIDE BACKS

WIDE BACK - ROLE

- **Provide a flank passing outlet in all thirds of the field.**
- **Provide support either ahead or behind the ball for other players who take up wide receiving positions.**
- **Deliver accurate crosses or passes to players in goal scoring positions in the attacking third of the field.**
- **Organise others and position to prevent opposition penetration on the flanks.**
- **Support and cover central backs on central or farside attacking approach play.**
- **Defend far post areas from opposite flank attacks unless required to undertake other roles in the defensive structure.**
- **Understand safety and risk in all phases of play.**

WIDE BACK - Responsibilities

- **Support others and retain and progress possession in flank positions in all thirds of the field.**
- **Combine play with others to produce pass outlets in flank positions.**
- **Alone or in combination with others, provide accurate passes and crosses to players in goal-creating or goal-scoring positions.**
- **Pass accurately in all thirds of the field with a 90 % success rate.**
- **Organise defensive tactics and position and defend to delay and deny opponents opportunities to penetrate down the flanks.**
- **Position to control opponents attacking options in accordance with agreed team defending tactics.**
- **Mark, press, track and block crosses and passes into goal creating or goal scoring opponents, from immediate opponents.**
- **Defend in combination with others against opponents movement and inter-changes of position eg overlaps, place-changing etc**

WIDE BACK – necessities.

Able to defend in 1 v 1 and 2 v 2 .

Can “smell” danger.

A range of passing – channel, diagonal, behind

Crossing ability on the move at $\frac{3}{4}$ pace.

Ability to over and underlap.

Play “wall-passes” on the move.

Finish 1 and 2 touch.

1,000 league games

78 International caps.

SKILLS REQUIRED

- **Passing range and capability over a variety of distances.**
- **Short range inter-passing and combination skills with others.**
- **Ability to run with the ball.**
- **Crossing and passing ability when moving outside and inside the defensive structure.**
- **Ability to combine play with others to attack the penalty box with or without the ball eg wall-passes, 1 v 1 and link with others.**
- **Positioning, marking and all 1 v 1 defending skills. – pressing, intercepting, challenging for the ball, containing opponents, blocking passes, shots and crosses.**
- **Defending skills in far-post and central defending locations eg heading and clearance skills.**
- **Combined defending skills eg wall-passes, overlaps, take-overs etc**

WIDE BACKS- Technical Practice.

- *Receiving and Running with the ball.*
- Short range “combination” plays.
- ***Assured “fast” passes into feet over 20 – 30 yds.***
- ***“Bent passes” forward – 30 yds +.***
- ***Crossing the ball and operating infield in the A1/3rd.***
- ***Measured passes for front players-ground / aerial.***
- ***Understanding “combination-play skills” with and without the ball.***
- ***All 1 v 1 defending skills.***
- ***“Showing infield and outside”.***
- ***Blocking crosses.***
- ***Defending at the far post.***

MENTAL QUALITIES

CONCENTRATION

- a) Defending from crosses.
- b) Offside decisions.
- c) Tracking runners-deep or to flanks.
- d) “Passing- on” runners
- e) Defending under sustained pressure

MENTAL QUALITIES

COMPOSURE

- In physical confrontations.
- Defending in and around the box.
- Clearances under pressure.
- In possession.

MENTAL ATTRIBUTES

- Courage (Mental / Physical).
- Assertiveness.
- Etc,etc

-WHERE?

-WHEN?

-WHY?

MENTAL QUALITIES

Composure

- a)defending under sustained pressure.
- b)defending in the box.
- c)delivering crosses and passes.

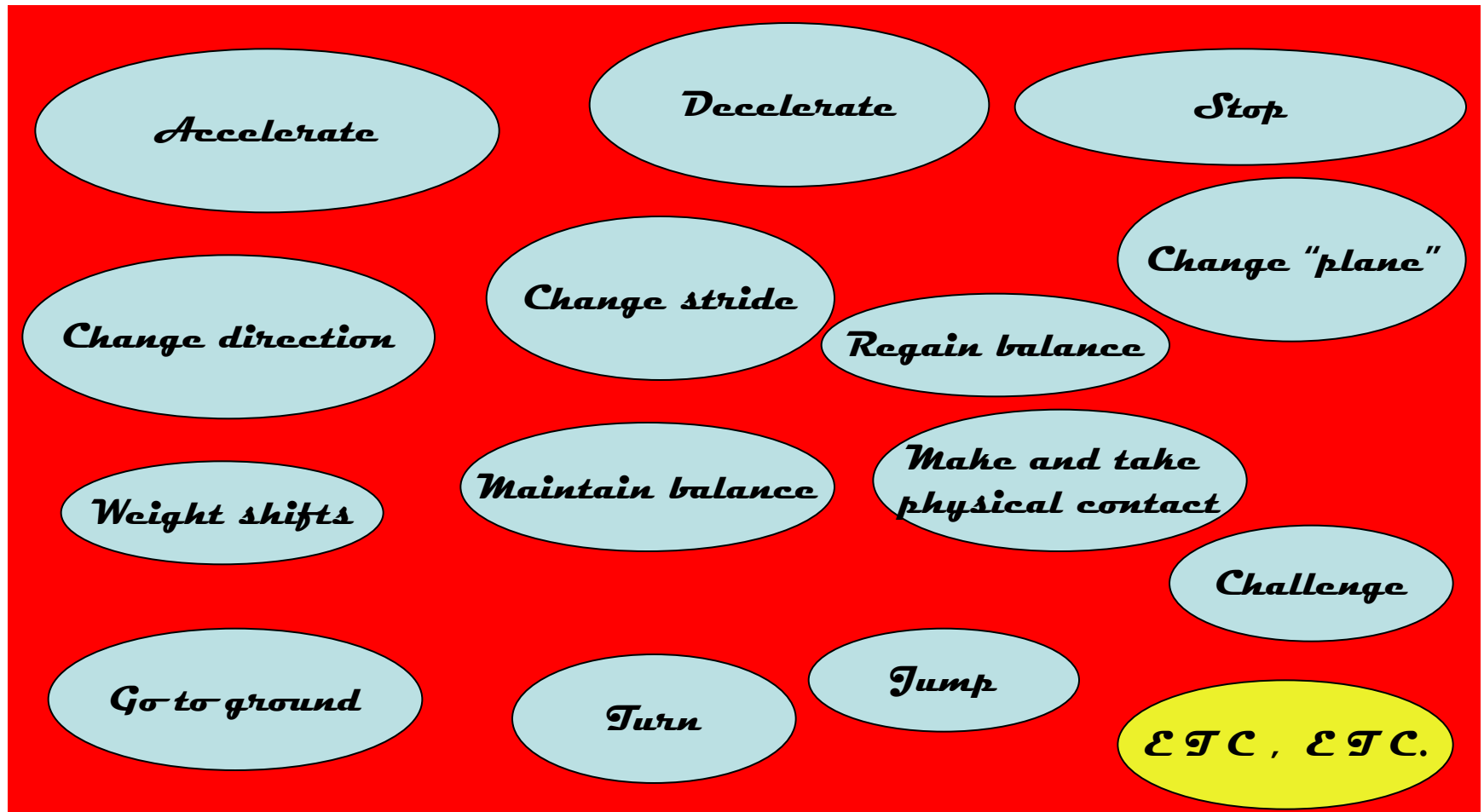
Mental Toughness

- a)Recovery runs
- b)Competing against difficult opponent
- c) Defending a 1 – 0 lead !

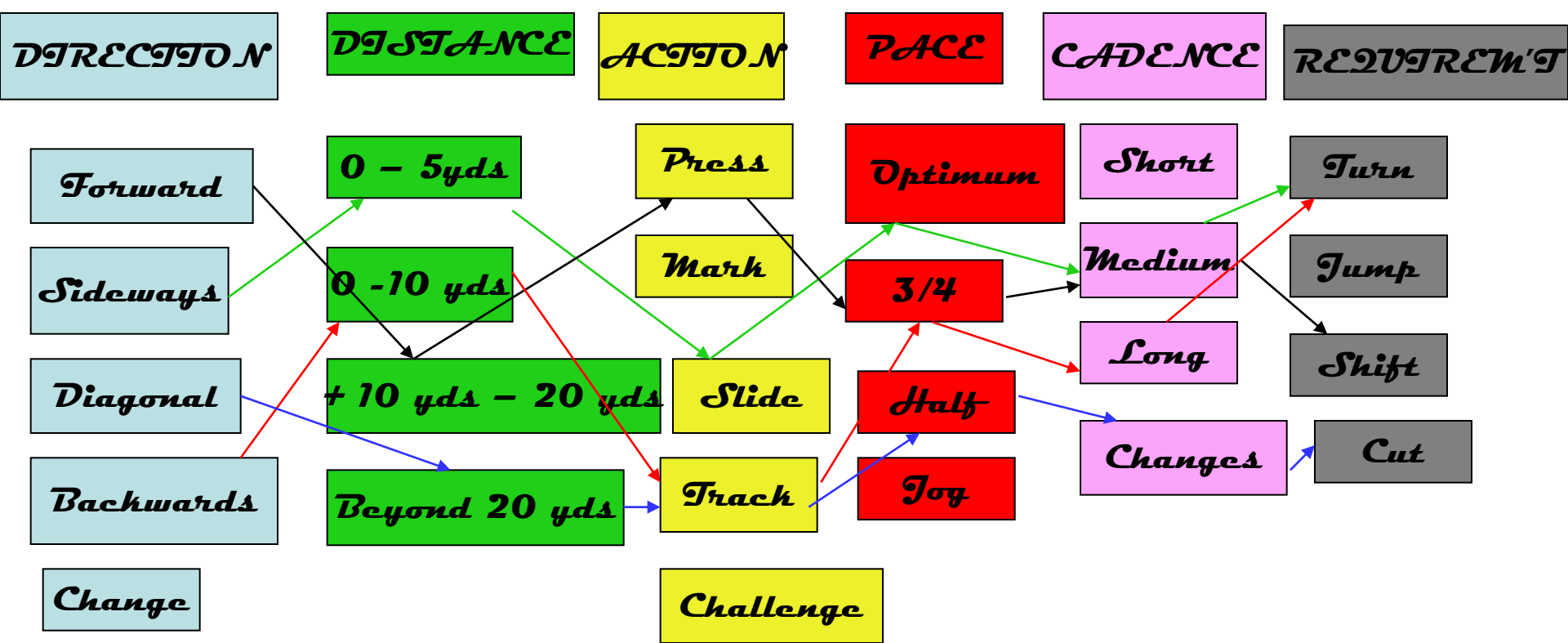
Other Mental Requirements of the Full-back?

ATHLETIC TRAINING

Defenders activity.



ATHLETIC MATRIX !



THE ATHLETIC MATRIX !
Accelerate, decelerate, stop, sprint, jump, twist, turn, go to ground, recover,
Physical contact, concentration, change of stride, direction, "plane", speed etc

E N D