

‘Tough, Tenacious, Technical, Team Defence’



Defensive Developments in Football

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Defending – The Principles...

Positioning (shape)

Ball near = man to man

Ball far = strength & depth

Tracking

– stance, scanning - eyes, forward, back, left, right, balls of feet, checking, accelerate, decelerate

- recovery

Talking

Assess, Cover, Communicate; 1st, 2nd, 3rd defenders

Tackling

near hand, block-down, shoulder clash / charge, check

robust, solid & well timed

(Force mistakes)

Turnover

Gain possession – Lift / Catch

Transition

Counter attack

Aims;

- Possession
- Space
- Deny passes
- Time – slow the game down
- Psychological

The 4 “D’s” of Defending....

- (a) Delay
- (b) Deny
- (c) Dispossess
- (d) Develop

Defensive tactics -Terminology

Choosing the Right Defensive Tactic Coaches should look at the attack they are up against and determine what is most potent about their approach. From there, coaches can choose a tactic appropriate to shut it down.

If a team is especially good at moving the ball around the attack coaches will need to choose a tactic that focuses on denying passes in order to overcome the attack. If they are especially good at scoring, a better tactic might be one that restricts their movement in the scoring zone, forcing more difficult shots.

Man to Man versus Help & Defend Man-to-man defence is a type of defensive tactic used in which each player is assigned to defend and follow the movements of a single player. Man-to-man defence requires players to cover one person regardless of where they go on the pitch. In the Help & Defend tactic, Player 2 moves in to help stop the penetration of attacker. The speed of his arrival will determine the success of the defensive effort. The advantage of the man-to-man defence is that it is more aggressive than the zone defence. It also allows a team's best defender to stay on a player who has to be guarded at all times. The disadvantage is that it leaves weaker or slower defenders more exposed. In a man-to-man defence, those defenders are generally teammates staying close to their own assigned forward, and thus are often not in good position to offer help should a weaker defender be eluded by the forward he is trying to mark.

Zonal This is a defensive strategy where defenders cover an area of the pitch rather than marking a specific opponent. If an opponent moves into the area a defender is covering, the defender marks the opponent. If the opponent leaves this area, then marking the opponent becomes the responsibility of another defender. The biggest advantage of zonal marking is its flexibility. When the team regains possession of the ball, players are still in their positions and can start an attack more quickly. Communication is very important when zonal marking is used, to ensure that no gaps are left in the defensive coverage. Zonal marking is more difficult when defending set pieces and most teams change to man to man marking in these situations.

Swarm The swarm is a defence that relies on certain man-to-man principles while primarily acting as a trapping zone that causes fits and panic for an opposing attack. It's the perfect defence for teams with quickness, intelligence and a willingness to work hard. By the time the attack figures out what's going on, the swarm has morphed into another formation or scheme.

Playmaker (target) The playmaker is an attacking player who controls the flow of the team's attacking play, and is often involved in passing moves which lead to scores. The term overlaps somewhat with the centre forward, but playmakers are not constrained to a single position - creativity is the only true requirement, and good passing ability and tactical awareness help.

These tactics are designed to help the defence shut down the most effective part of an offense. Sometimes this is the shooting ability, but sometimes it is particularly good passing or use of time. Man-to-man and zone defences, such as those shown here, are most useful for different situations, though all teams should have a basic understanding of both techniques.

Quotes on Defence

"Good defensive play is as much a matter of hustle, desire and pride as it is anything else".

"When covering the man with the ball, the defence should be able to touch the ball with his hand. He should assume this touching position as the ball is being received. When the ball is received, the defence should discourage the pass into the post area. The hands should be kept up. Keeping the hands up reduces a tendency to foul and allows a player to move his hands quickly."

"As coaches we talk about two things: offense and defence. There is a third phase we neglect, which is more important. It's conversion from offense to defence and defence to offense".

"Once players understand concepts, you have the flexibility to interweave the concepts into sound, fundamental plays that deal with the concepts an offense throws at you. If you can take 75 plays and boil them into 10 concepts, then a player only needs to learn 10 things before he can get out on the field".

Challenges for defence coaches

How to get your team to "buy-in" to the concept of defence and mentally commit to playing intense defence.

The secrets to keeping your opponents shooting percentage LOW!

How to effectively teach HELP and RECOVERY concepts.

How to effectively teach defensive rotations.

How to STOP the fast break and improve transition defence – counter attack.

How to teach defence to YOUTH teams.

How to stop and shut down quicker players.

The trick to stopping playmakers and reducing their influence.

How to develop defensive intensity and determination.

How to get your players to STOP reaching and reduce free counts -- yet maintain aggression.

How to develop mental toughness.

How to stop the runner.

How to contain the ball and apply pressure.

The keys to a good defensive stance.

How to force turnovers without fouling.

How to quickly and effectively shut down the attack.

How to take advantage of the bad pass.

Tips to stop getting beat by the solo run.

What to do if the attacker player drives past you.

How to defend the square.

How to stop penetrating passes and keep the ball away from the goal.

The trick to stopping the one-two.

How to defend free kicks, sidelines.

How to defend on your own kick outs.

How to establish good help positioning and quick recovery.

How to always keep the ball as FAR away from your goal as possible.

How to draw more charging fouls.

How to mark BIGGER players.

The exact statistics you MUST track in order to have a great defence and why they are so important.

How to improve your team's defensive quickness and agility.

How to keep things FUN for young players.

How to choose your defensive tactics (man-to-man, swarm etc).

How to improve your team's COMMUNICATION and get everyone talking.

How to secure the ball following a turnover

How to handle game situations and keep your defence strong when the pressure comes on.

REMEMBER!



DRILLS v CONDITIONED GAMES....

REACTIONS, SKILLS, AWARENESS AND THINKING . . .

Format

Emphasis

One-on-one	– hands up, defensive stance
Two on one	– overload the defence – intelligence & anticipation & positioning
Two on two	– see the ball & man, cut off the pass, cover the goal, block the cutter, eliminate vision, harass the passer
Five on five	– team defence – play the ball, play the man....slow motion, different alignments, if the ball moves, you move...while the ball is in the air
Three on two	...one player attacks the ball, the other covers

Three basic types of tackle in Gaelic football: (a) Side on tackle (b) Front tackle (c) Tackle from behind

Fundamental Movement Skills

Agility, Balance, Co-ordination, Running, Jumping

Skills used to Contest Possession; dfn.

–“Involves many of the skills used to tackle an opponent in possession, or to contest for possession when neither player is in possession of the football”.

- Side to Side Charge
- Checking
- The Near Hand Tackle
- The Block Down

Early Help! We must always give quick help.

Know who and where the ‘danger-men’ are..

Protect the gaps. We must always give quick help on the inside gaps. WE not ME!

Tackling with your **Feet!**

ABCRJ

DRILLS – DRAW YOUR OWN.....