

TEAM DEFENDING



- Pressure, cover, balance refers to the responsibilities of the defender based on their proximity to the ball
- The roles of the individual defenders changes as the ball moves around the field
- Adjust body shape on approach to attacker
- Force attacker's passes into wide areas – away from the goal
- Arrive when the ball arrives
- Move when the ball moves



PRESSURE



- The player closest to the ball
- Slow the attacker down, do not win the ball
- Pressure to get the attacker's head down
- Make the attack predictable
- Push to the sideline – away from goal
- Only attempt to win the ball if the attacker makes a mistake and you are sure to win it
- Be patient



COVER



- Back up the pressuring defender
- Cover the space behind the Pressure defender
- Adjust distance based on speed of the attack
- Communicate with the Pressuring defender
- Let attacker know that you are there
- Tell attacker which way to push the attack



BALANCE



- Watch the rest of the attackers
- Mark any attackers who could receive the ball
- Watch attackers who are moving or could move into threatening positions
- Cut out any passing lanes
- Talk to each other - point out any unmarked threats or any opponents making runs
- Be ready to assume the role of pressuring or covering defender if the situation changes

