



Visual Defensive Cues - When to Press or Hold

Category: Functional: Defender
Difficulty: Moderate

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Individual-Adult Member

Position Pressure Patience

Coaching Points: Position Pressure Patience

Position: "Soccer Ready Position" knees bent, weight centered over hips for quick lateral movement.

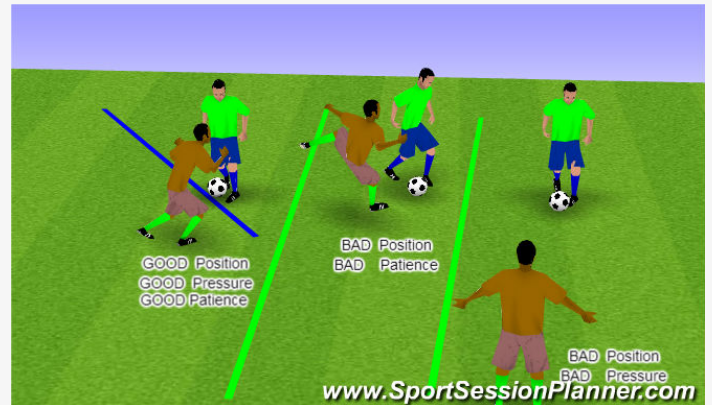
Jockey to good position.

Pressure: "Touch Tight" Make Attacker a "Ball Watcher"

Determined by Visual Cues. (See progressions of tactical session)

Patience: No stabbing. Wait for the mistake. Watch the ball, not the player's feet or feints.

Position Pressure Patience relates to "Delay to Pressure Delay Deny Destroy"



Before the Attacker Passes

Coaching Points:

1) Visual Cues before ball is passed

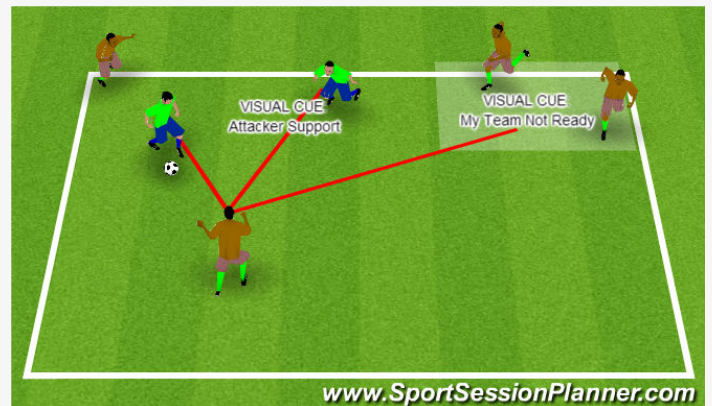
a) Defense NOT organized! Defense Recovering From a Quick Counter

b) Attacker Support -- Good distance and support angle, 2nd Attacker = a threat

2) Decision: Press or Hold

a) Defense needs to Delay to get organized

b) Pressing too quickly makes it a 1 v 1 or a 1-2 Combo without Cover or Balance



Attacker Passes

Coaching Points

1) Audible Cue, "Press Left!" Lets D1 know that cover is there

2) Visual Cue, A2 does NOT have good position/ "showing for the pass"

3) Visual Cue, Ball Pace -- Slow for interception? Fast, difficult to control? Effective Pass to A2?

4) Visual Cue, Flight of Ball? Ground

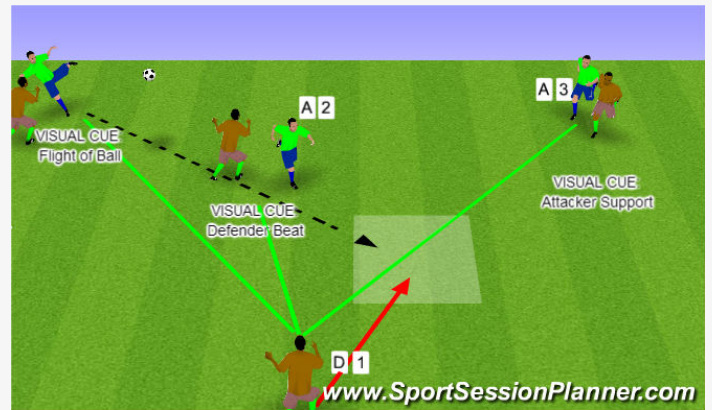


Cover Reads Cues

Coaching Points:

Visual Cues After Ball Passed

- 1) Ball Flight -- changes defensive response to area versus person
- 2) A2 has beat defender to open space.
- 3) A3, too far to receive ball will become 2nd Attacker. A3 is marked.
- 4) D1 must decide to intercept or hold/press A2 depending upon D1's success with interception.



70-30 Ball, D1 Decides

Coaching Points

- 1) D2 Sees the Overlap with A2. "Push Left". Possible Double team with D0 may result.
- 2) D1 Visual Cue -- Pressure the Ball, Pushing Left (for possible double team)
- 3) D1 Visual Cue --
 - a) Pace of Ball.
 - b) Competence of Receiving Player?
 - c) Recognize A2 Support.

