

**Defence concept in the different situation in the own half  
(superior numbers, similar numbers and sub numbers)**

## **INTRODUCTION**

A very famous coach of the east of Germany has said: “in the past one defender could stop two attackers but today you need at least two defenders for one attacker”. There is no better discription of the actuall situation for the defender. The chance to win the ball in a 1-against-1 situation is much dropped.

On every level (low until top) you observed that the player have a different and variable choice behaviour for the different offence situation. But the players have not this quality in his behaviour in the defense. Players who have good individual defense skills and tactics have often not an adequate behaviour in the different situation of superior, similar or sub numbers.

With the syntetic pitch era there was a new computation of time for offense and defense. The offensive skills have an enormous development. The attacker can dribble and pass the ball in the “first floor”. So there is small chance for a succesful tackling.

For that you need more than the defense skill for 1vs1 situations. The defender must have a lot of time, space and patience for a good defending. Evermore a good organized defensive line is important to win the ball, to fight off or to break the attack.

In the following main part the focus is on the defense situation in the own half in the different situation. It will be present the tactical criterians for a succesful defense working. The players have to operate variable in superior, similar or sub numbers. What are the key points for a fast judgement? Which decision criterions are important for a sure choice behaviour? Who has wich function in the different situation of superior, similar or sub numbers?

In a methodical way of exercise and game row the player will learn to fight off the opposing parity (similar numbers) and standard attack (superior numbers) and the counterattack (sub numbers).

## **MAIN PART**

### **Individual requirements**

For a successful defense team working you have to perform the individual defense skills:

- Tackling (block, jab, shave, one-handed-tackle)
- Interception (from right/left)
- channeling

Beside these basics a complete player also can use the special skills of sliding tackling and one-right-handed skills as well.

Furthermore the players have to know the basic tactical points:

- man-to-man defense
  - to fight for the goal-side-position
  - to have keep on eye the opponent and the ball area
- 1-against-1 defense situation
  - forehand position on the ball-goal-line
  - right shoulder shows to the ball
  - reach distance (arm+stick+one step) to the opponent
  - offer the strong defending side
  - push away from the ball-goal-line
  - save left foot

Of importance for a successful defender is the mentality. All players need a fast anticipation and a solid choice behavior. The defender needs following characteristics as well:

- patience
- discipline
- special athletics (fast running back- or sideward in deep bodyposition for example)

Also important is to know the judgment hierarchy and whose acceptance:

The best	Win the ball	Uppermost risk
Good job	Free hit own	High risk
Well done	Remove the speed of the attacker	Calculated risk
could be better	Free hit opponent	seeming no risk
Bad job	Loosing tackling	Worst case

The defender needs a feeling for the risk. To know these key points will help him to find the right mix.

**Orientation points**

For a save choice behavior the defender has to know the three orientation points (OP):

- field areas (defending/attacking circle, midfield area, defending/attacking area)
- field tracks (right, half right, middle, half left, left)
- ball-goal-line (b-g-l)

These 3 OP helps to judge where the chance climbs or drops to win the tackling. To know that the best place of tackling is the right track of attacking circle area and the worst place the left defending circle area.

The b-g-l is the most important line on the field. This line is the magnetic needle for all situations on the field. That implies that all defense thoughts and actions have to be orientating for saving and blocking this line. For that the following tactical principles result.

**Tactical principles for team defense**

Tactical principles help the player for a fast choice behavior in the different situation. They must be rules of great generality. Thus enlarge that all defender are thinking and defending together. The instructions must be clear and accurate.

The tactical principles for team defense are:

- close the inside line (b-g-l)
- control the dangerous space near by
- calculated pressure to the attacker (ball possessor)
- cover the teammate in front of
- last defender coach the defending
- fast switch from defending to attacking

Now the players have to work with the criterions in the different situation. For an optimal tackling behavior the defending group have to know proportion of attacker and defender. They have to know what kind of attacking is to defend:

- standard attack (one more defender than attacker)
- parity attack (numbers of defender and attacker equal)
- counterattack (one or more attacker than defender)

The key words of coaching for these opposing attacking situations are:

standard attack	operate forceful
parity attack	operate in a balance of careful and forceful
counterattack	operate very careful

**Exercise and game rows**

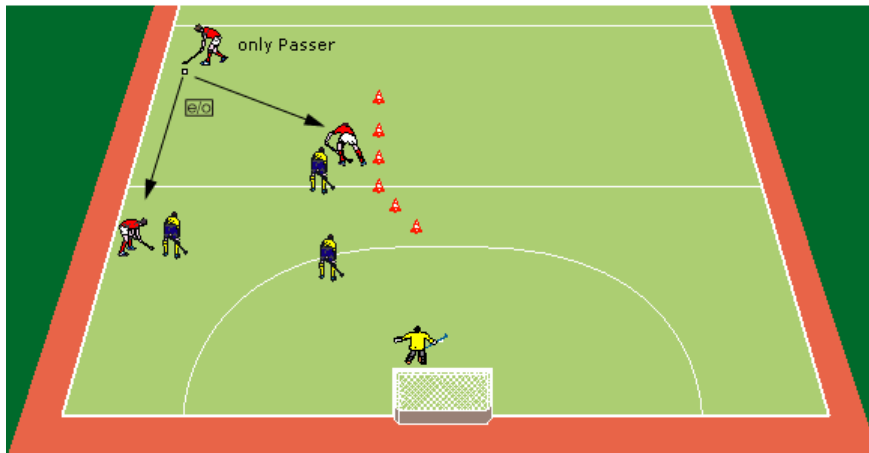
To transform all these criterions and key points you have to process an exercise and game rows. In simplified practice situation the player learn to differentiate which criterions is use in which situation. The following exercises and games are having regard to the didactic/methodic principles:

- from easy to hard
- from known to unknown
- from simple to complex

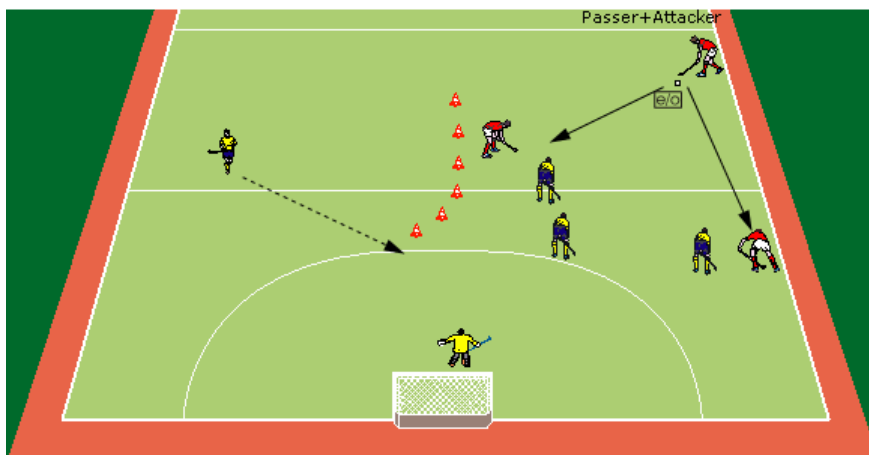
The exercise will be present only on one side and also only 3 examples with different situation. The beholder has to achieve the transfer to the other side and also to realize the multiplicity of possibilities of exercises.

**Exercise for superior numbers**

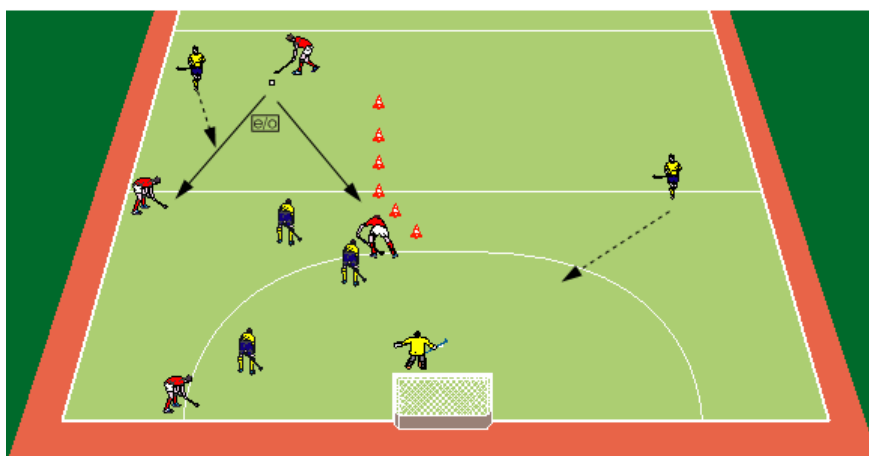
**3 defender +GK against 2 attacker after passing**



**3 defender + GK +1 running back defender against 3 attacker**

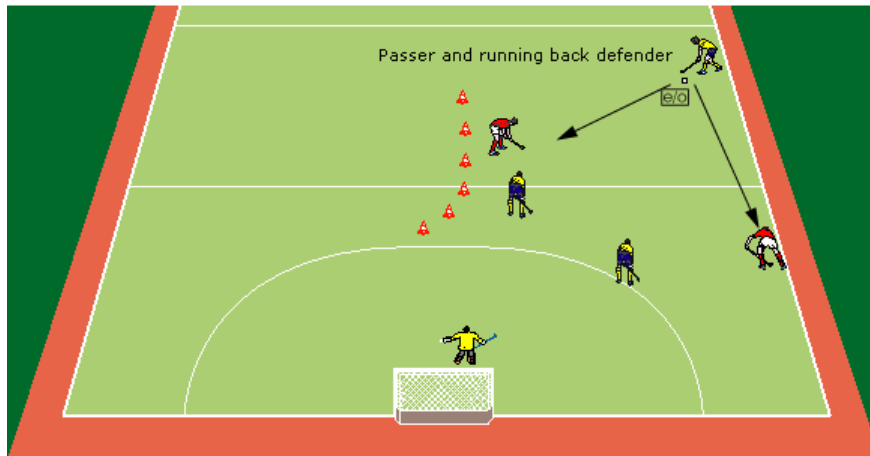


**3 defender+GK+2 running back defender against 4 attacker**

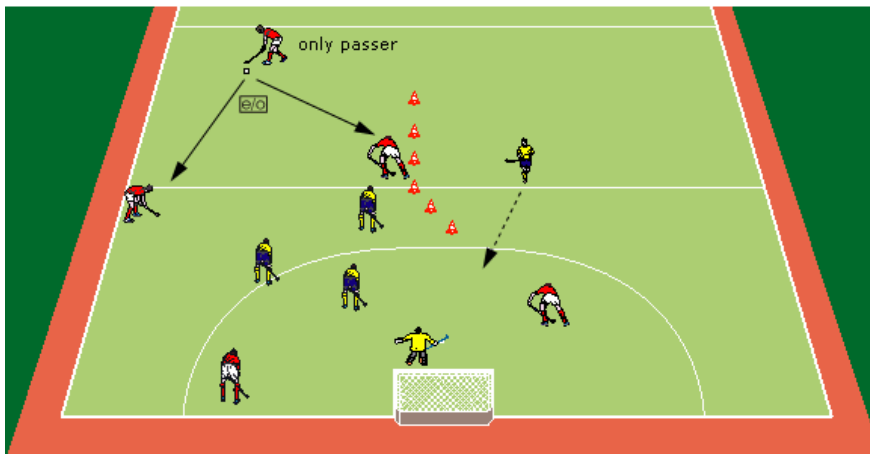


**Exercise for similar numbers**

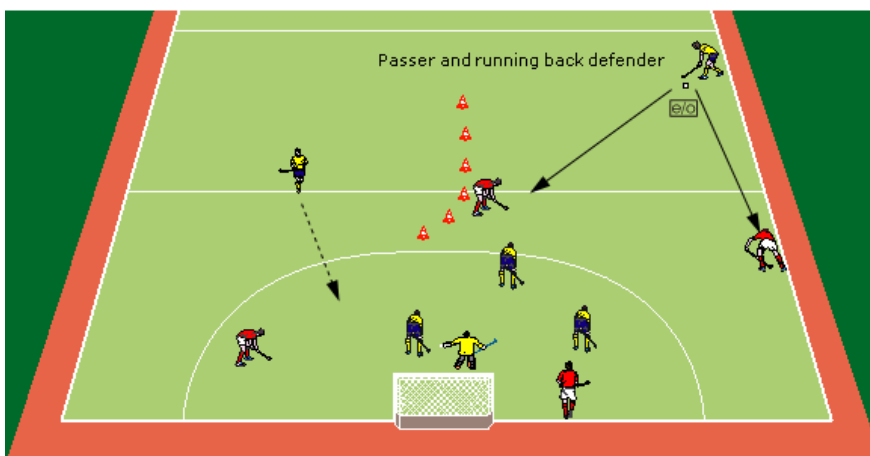
**2 defender +GK + 1 running back defender against 2 attacker after passing**



**3 defender + GK +1 running back defender against 4 attacker**



**3 defender+GK+2 running back defender against 4 attacker**



**Exercise for sub numbers**



**Game rows for defending**

**6-against-6 + 2 joker playing to 4 goals**

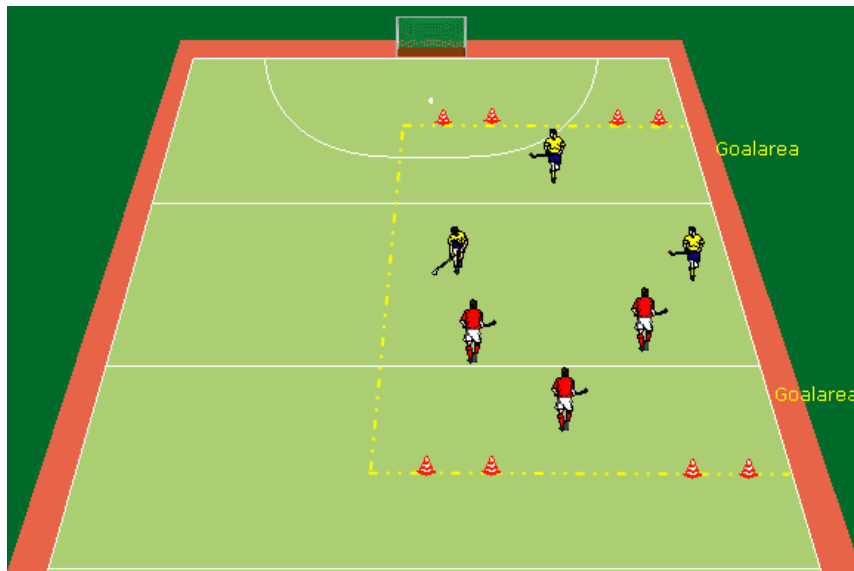
**Rules1 for superior numbers:**  
 The attacker and the defender of each team have to stop at the centerline. The Joker plays all the time with the defending team. Both can move everywhere.

**Rules 2 for sub numbers:**  
 The attacker and the defender of each team have to stop at the centerline. The Joker plays all the time with the attacking team. Both can move everywhere.

**4-against-4+ Counterattacker playing to 3 goals**



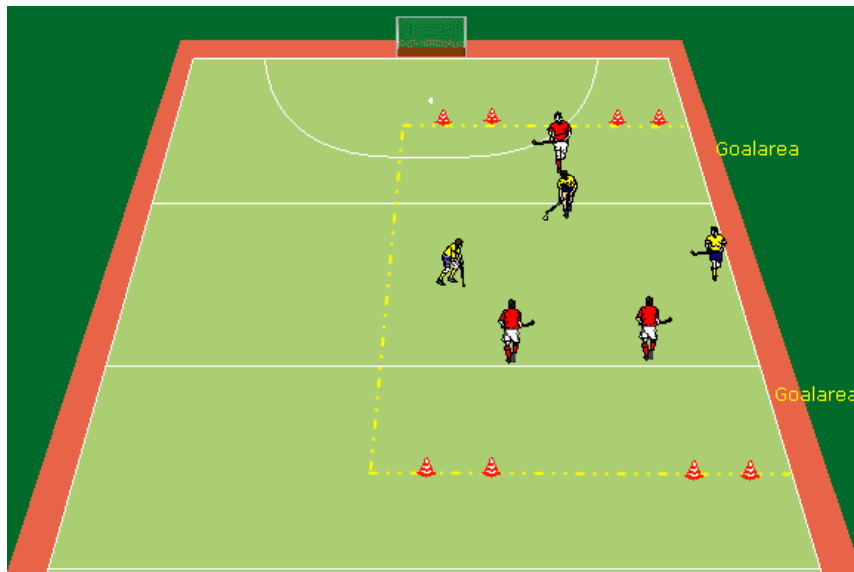
**3-against-3 playing to 4 goals with rules for superior numbers defending**



Rules for superior resp. similar numbers:

2 attackers against 3 defenders. Everytime one player of the attacking team has to wait in the own goalarea.

### 3-against-3 playing to 4 goals with rules for sub numbers defending



Rules for sub numbers:

3 attackers against 2 defenders. Everytime one player of the defending team has to stay in opposite goalarea. If the defending team win the ball they can play the ball directly to the waiting player.

## CONCLUSION

The half time of a match you have defending jobs. A complete player cans both – attacking and tackling. So the rating of defending training is to increase. There are more ofense skills and tactis than defense. Therefore you don´t need 50% but much more than the actual normal amount. But for that you need a specific knowledge about the key points and criterions of the defending game.

The exercise and game forms must be attractive and near by the defending game situation. The problem for defending training is the low level of motivation. Therefore use the games as much as possible and the exercise as much as necessary.

The aim is that the players have a variable and competition stable choice behaviour in their defending game.

And think about the famous coach of East Germany...