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The Case For The Defense



Synopsis

"Good offense will win you games, but good defense will win you championships." Vince Lombardi, American football coach. While most coaches probably prefer coaching attacking practices - maybe a crossing and finishing session - few would deny the importance of a sound defense. In fact, in my opinion, a sound defense allows a team to play in a more expansive, attacking fashion. The principles of defense start with simple scenarios, e.g. 1 vs. 1 defending, extending all the way to complex team tactical questions - to press or not to press? There are however logical steps and bits of knowledge that each player needs to understand on this journey. Coaches who attempt to short circuit this process will inevitably end up with defenders who struggle to make good decisions. This short e-book attempts to provide a route whereby coaches can cover each developmental phase with their players in a logical, progressive manner:-1 vs. 1 defending in all its forms.-2 vs. 2 and 3 vs. 3 defending.-Defending numbers down.-Zonal defending with a back four.-Zonal defending with a back four plus 2 midfielders.-Whole team defending.-Pressing.-Defending set plays. Each section is accompanied by a selection of suggested practices, at least some of which we hope you find useful and add to your sessions. Good luck and may you keep many a clean sheet!

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Customer Reviews

Very insightful - beyond the vague descriptions some soccer coaching books include. Bookman identifies visual cues that the defenders must look for and explains options at various locations on the field. It is relatively short, but a great book for explaining defensive principles and providing exercises to improve them.

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