



DEUTSCHER
FUSSBALL-BUND



Defensive Fundamentals

Initiation Stage

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Poland 2017

Zapraszamy!



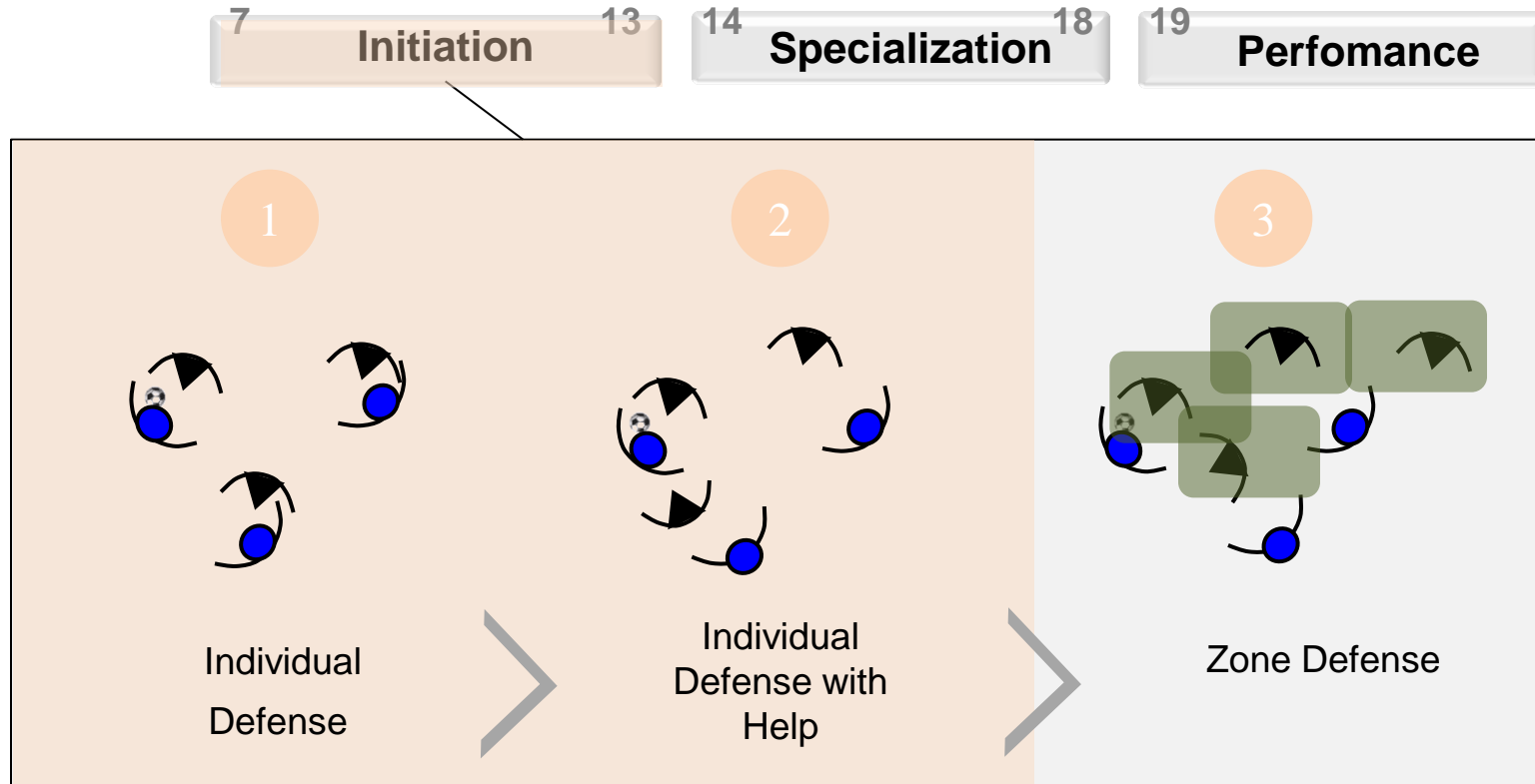
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Formation Stages

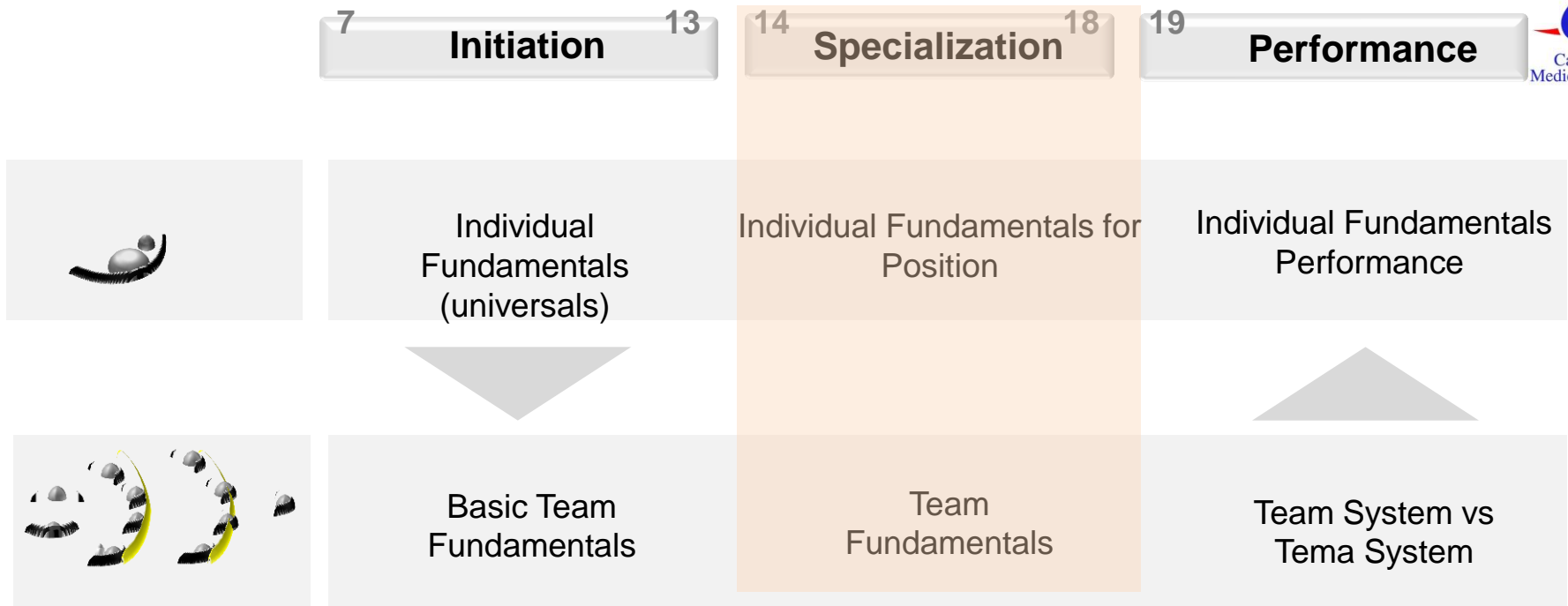


Zapraszamy!

Defensive Learning Stage

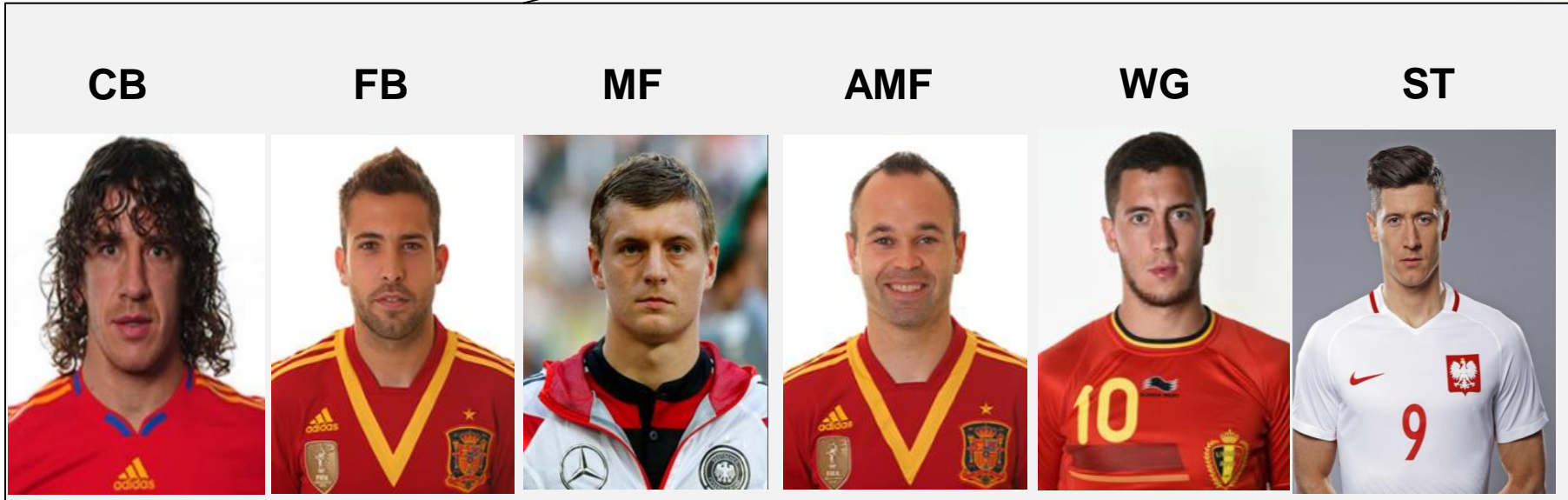


Formation Stages

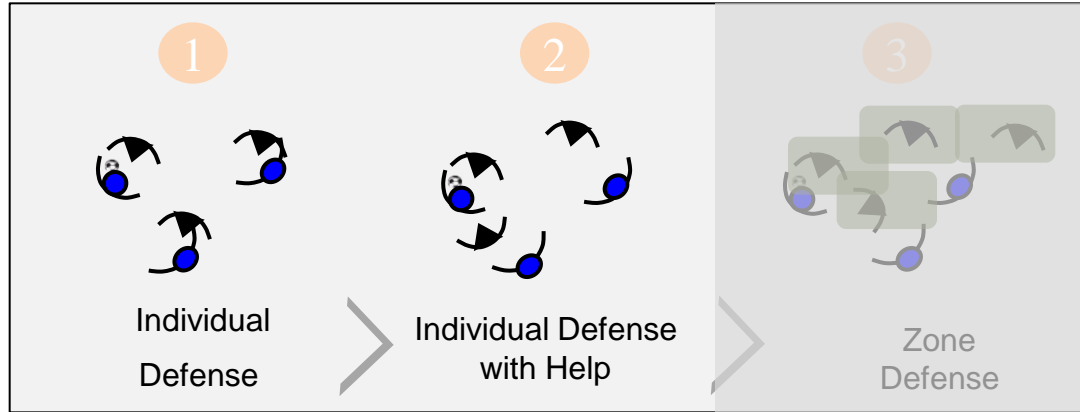


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Defensive Learning Stage



Initiation Stage



Egocentric

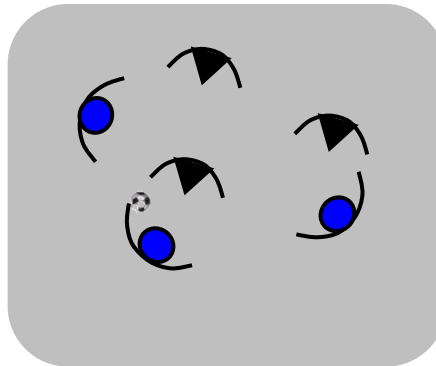
Summative

Collective

Defensive Individual Fundamentals

Egocentric Stage

U10 YEARS



Fundamentals

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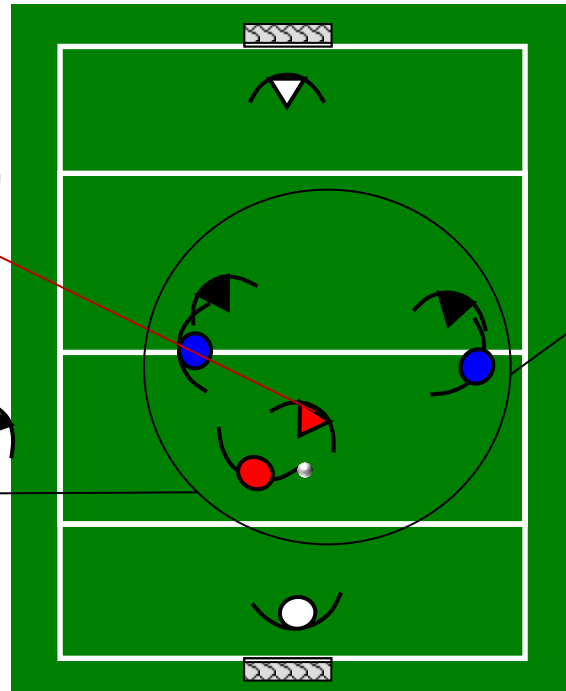
1. DEFENSIVE INDIVIDUAL FUNDAMENTALS U10

Individual Defense

Individuals

1. Defend ball's possessor
Track (1v1 defense)

2. Defend the player
without the ball
Mark



Team

1. To defend jointly
Participate actively

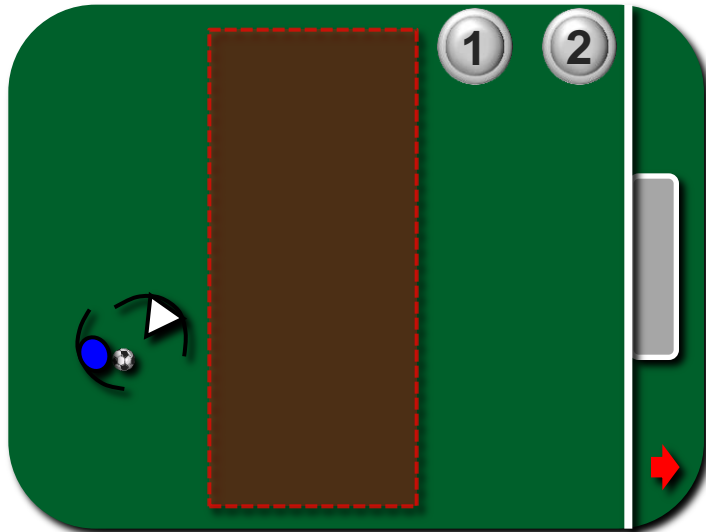
2. Identify players
Responsibility of one attacker.

3. Transition D-A
Change game intentions

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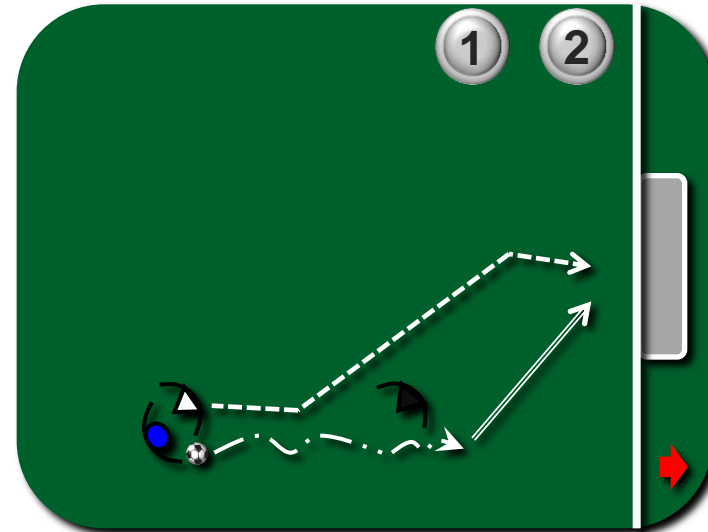
Individual Fundamentals U10

Track (1v1 defense)



a. Don't be surpassed

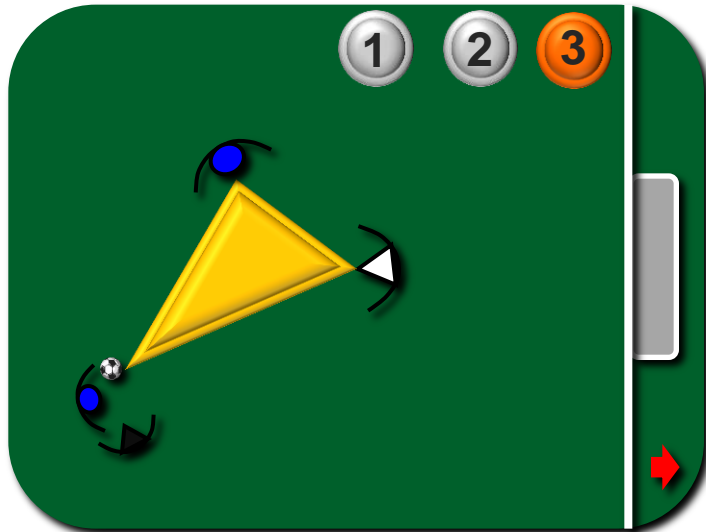
*Player defending 1vs1 has to
prioritize the space behind*



b. Continue with the defense

Individual Fundamentals U10

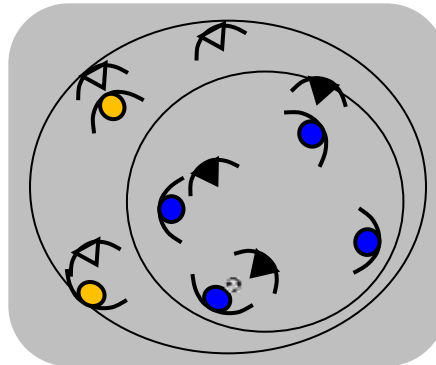
Mark



a. Defensive triangle

Summative Stage

U13 YEARS



Fundamentals

Zapraszamy!

2. DEFENSIVE INDIVIDUAL FUNDAMENTALS U13

Individuals

1. Defend ball's possessor
Track – *new concepts*

2. Defending player without ball
Mark – *new concepts*

2. Defending player without ball
Coverage

3. In charge of my space
Defend the space

Ind. Def with Help

Team

4. Reduce Team Width and Depth
Balance game centre

5. Coverage line

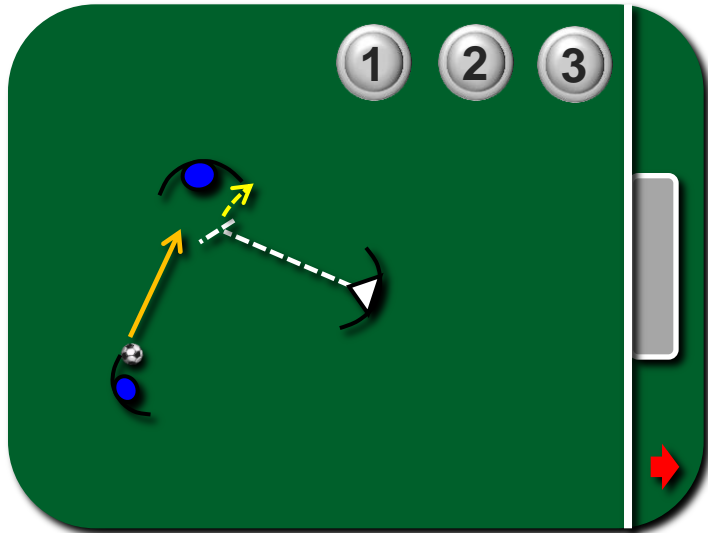
6. Adjust the
Numerical Inferiority

7. Defend Using Off-
Side Line

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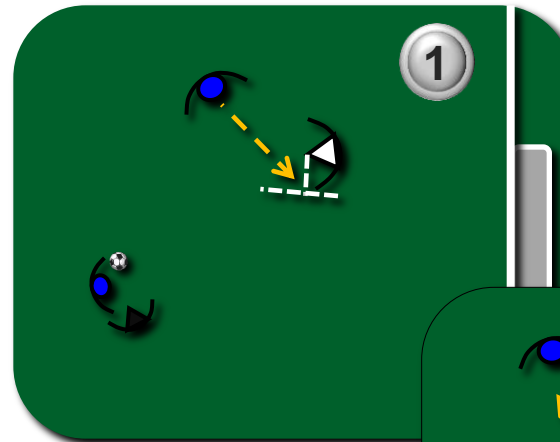
Individual Fundamentals U13

Track (1v1 defense)

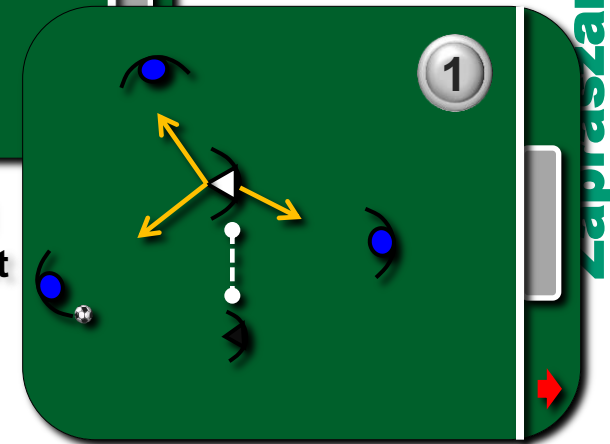


- Arrive fast
- Body orientation
- Avoid the unmark (one-two)

Mark



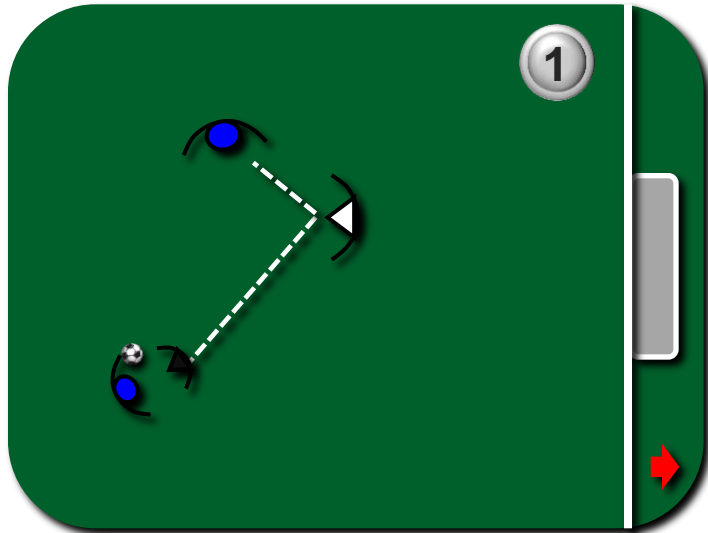
- Use body and arms to intercept the opponent trajectory



- Look into the gap

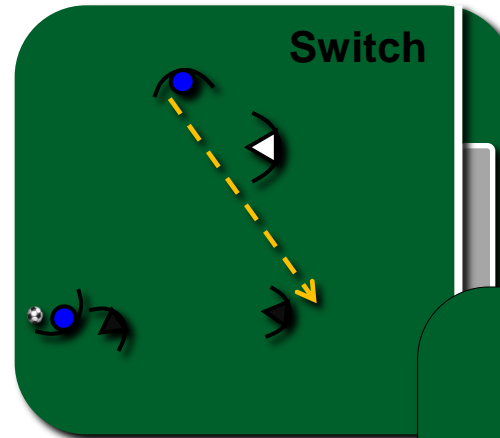
Individual Fundamentals U13

Coverage



a. Help without lose my mark

Defend the space



a. Switch the mark.

