

Defensive Soccer Tactics

By Jens Bangsbo; Birger Peitersen

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This is an excerpt from Skills & Strategies for Coaching Soccer-2nd Edition by Alan Hargreaves & Richard Bate. Defensive Tactics. Teams need to understand how they can defend successfully in a variety of circumstances. Some teams, as a mainstay of their defensive tactics, defend early (i.e., as soon as they concede possession to their opponents). Others may choose to recover, regroup, and prepare themselves to defend later. In this section we examine the basic principles of these two approaches. These tactics are not just about tackling the attacker, but it is also about helping your own team score goals. It would not be wrong if one said that even sound defensive tactics can win matches for a team. These tactics are not just about tackling the attacker, but it is also about helping your own team score goals. They say that offense is the best form of defense. But for soccer players, it is all about defending your goal to strengthen the attacking prowess. Complete information on soccer defense, defensive soccer, 1st, 2nd, 3rd defenders, and defensive football tactics. Browse the Latest Defensive Soccer Tactics, 1st, 2nd, 3rd defenders. 1st, 2nd, 3rd Attackers and Defenders. When coaching young soccer players it's sometimes difficult determining what area of the field that we should focus our practice attention.

The defensive unit on a football team consists of three core areas: the defensive line, the linebackers, and the secondary or defensive backfield. In college and professional football, the defensive team is led by the Defensive Coordinator. The job of the Defensive Coordinator and his players is to stop the opposing team's offense by turning the ball over to their offense. This can be accomplished by either tackling them short of the line to gain or by taking the ball away. This is done by interception or fumble recovery.

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