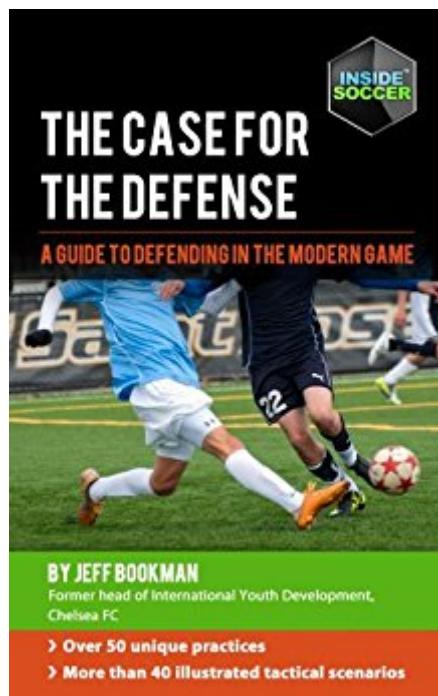


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# The Case For The Defense



## 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 ç ç 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 ç ç 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!INSIDE SOCCER is the primary resource for thousands of coaches, players and clubs for soccer learning. Over the past six years, INSIDE SOCCER has developed the most comprehensive resource of practical, quality training solutions and tips to complement the development of players and coaches alike. With over 1,500 quality video segments, the content features the actual training methods used at the Academies of the worlds best clubs ç ç Chelsea, Inter Milan, Valencia, Sporting Lisbon, Ajax, Flamenco, Santos, River Plate, Boca Juniors ç ç advice and practices from the best players in the world Lionel Messi, Paolo Maldini, covering all age groups from 5 to 17 and all facets of the game. For many, it is the only resource for soccer learning.The tremendous depth and scope of drills and activities is further complemented with full training programs for a season, advice for players and parents alike, and that is not all. INSIDE SOCCER also offers a full suite of tools and applications that enables any coach to manage, connect, communicate and interact with a team. This is not just another team site, but one that provides a coach the ability to provide animated technical and tactical scenarios for the team, and the ability to interact and share, and give ç ç homeworkç ç. Now Inside Soccer is pleased to present a new collection of e-books, the INSIDE SOCCER Training series, specifically developed by our team of Pro Academy coaches, designed to assist you the coach even further with your team and program development. This series provides a set of progressive training sessions that you can use to refine your own sessions, inspire your players and

take their game to the new level. For more quality content visit [www.insidesoccer.com](http://www.insidesoccer.com)

## Book Information

File Size: 4205 KB

Print Length: 127 pages

Publication Date: October 10, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B009P4CGK4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #410,656 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #152 in Books > Sports & Outdoors > Coaching > Soccer #200 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Soccer

## 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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