



BASED ON RSC ANDERLECHT FILOSOPHY

# PLAYING FOOTBALL IN A FIVE A SIDE FORMATION

## DEFENDING





## CONTENT

A. THE GAME INTENT “DEFENDING”	2
1. Defending in zone	2
2. The individual determining phases in pressure / defending	2
B. TACTICAL WORKING POINTS	3
C. GAME SITUATIONS	3
D. THE COACH STIMULI	4
E. THE EVALUATION OF THE GAME INTENT	4











## A. THE GAME INTENT “DEFENDING”

### 1. DEFENDING IN ZONE

During the training process of a young footballer, according to the LFF's football philosophy, most of the football stimuli during the total training are given around ball possession. However, the opponent's possession of the ball also plays an important role. The incentives that youth players receive should be geared to the content of a match. After all, in a football match, youth players are not only confronted with possession of the ball. After all, the ball is always "free"; the boundary between ball possession and loss is very narrow in football. We would like to refer to our own basic principles in case of ball loss HIGH FIVE.

With LFF, however, the rule applies: "Defending is a means and not an end in itself":

- A way of playing aimed at conquering the ball as quickly as possible, has a lot of developments in store.
- Opting for a defensive approach may result in winning more matches, but it doesn't benefit the individual development of the players.
- The opponent is locked up as high as possible. The small space, the high resistance and the mental resilience are an ideal learning experience for our footballers. Note: Disturbing and defending must be geared to the individual development of the players and NEVER to achieving a result. If our aggressive way of defending and interfering does not allow our opponent to achieve normal football, it is advisable to leave a little more space. After all, we want to play football. It shouldn't just be a 'fighting' match and we want to give everyone in our team the opportunity to develop.

### 2. THE INDIVIDUAL DETERMINING PHASES IN PRESSURE / DEFENDING

#### 2.1 Press the ball

- I'll put pressure on the player when he's close to me
- I'm not going to let them shoot at goal
- I won't let you take me out.
- I want the ball back and I win my duel

#### 2.2 Keeping the space small

- I keep the space around the ball owner small
- I'm defending forward, I'm not going backwards

#### 2.3 Collective

- I'm taking part in the game

#### 2.4 Conquering the ball

- I'm waiting for the right moment
- I don't make any conscious offenses



## B. TACTICAL WORKING POINTS

- The opponent can build up too easily
  - o Players must adapt to the position of the ball and their direct opponent: ball in movement = players in movement!
- The hunt for the ball is not fierce enough
  - o Passive pressure is applied: the opponent never gets into trouble during the construction.
- The central defender does not protect the centre sufficiently
  - o It is important that the defender covers the centre well.

## C. GAME SITUATIONS

Defending is anticipating or reacting to an attacking opponent. But unlike in our defensive modules for 8 <> 8 and 11 <> 11, here we don't discuss specific game situations around our opponent's game intentions and our suitably adapted countermove (per line or per position). We look at what we expect from our team 5 <> 5 on a defensive level, regardless of the situation, the score progress or the way of playing of our opponent. Playing football is complex enough in itself. Especially at this age, we want to leave our players "free" enough to "play" football without worries.

On a defensive level, we only want to teach them to recognize the moment of ball loss and the appropriate collective reflex to this. During the general game situation "we don't have the ball anymore" we want the following collective basic tasks to be fulfilled by the entire team:

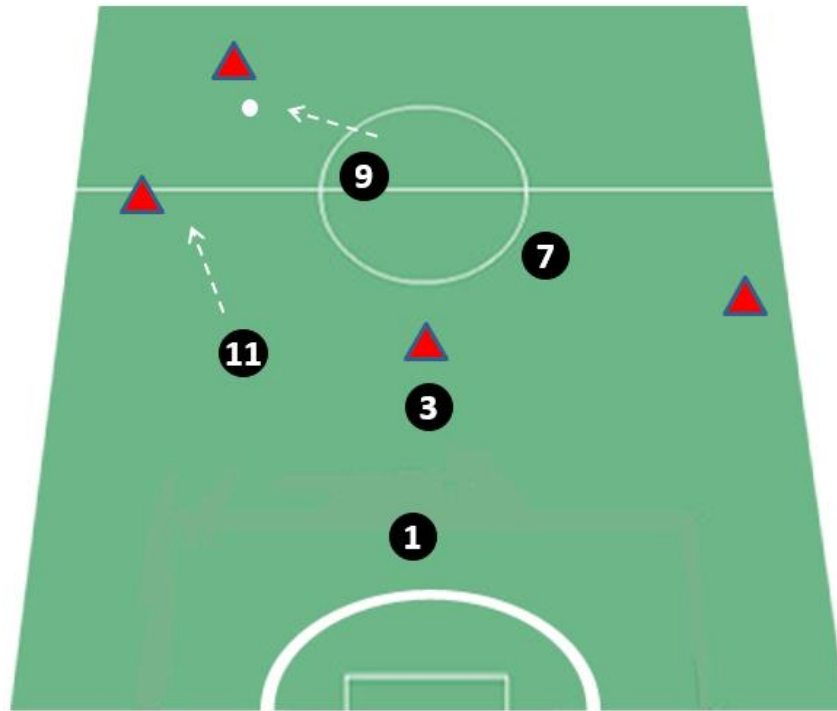
Stage 1: reduce the room for movement for the other team as soon as possible

- At the moment when the opposing team comes into possession of the ball, the whole team tries to make the field small (reducing the opposing team's room for movement). The distances between them are made as short as possible (a block of about 15m by 15m is formed). Good mutual distances (5m to 7m) with other players are aimed for in order to prevent as many depth passes as possible (blocking the direct 'route' to the goal). The distance between two players decreases as one gets closer to the player in possession of the ball.
- The player closest to the ball (and between ball and goal), attacks the ball owner as soon as possible. He makes sure that the direct 'route' to the goal is blocked. The duel with the owner is started to try to score as quickly as possible.
- The other players make sure that they stay close to him and close to each other.
- In the first place, we defend with focus on the ball but the closer to the own goal, the more attention should be given to the closest opponent. All players keep their direct opponent in mind, but they do not follow them.

Phase 2: Ball-recovery by applying the principles of pressing (duel) and interception

When pressing, the main focus is on intercepting the opponent's pass or winning the duel. If the opposing player recovers the ball, he can immediately counter-attack. If the player gives a pass, the others try to intercept the pass and launch the counter-attack as well.





## D. THE COACH STIMULI

### 1. Goalkeeper (1)

- ✓ 'Dare to play out of your goal'
- ✓ 'Keep focused on the game'

### 2. Central defender (3), flank defenders (7) and (11), deepest striker (9)

#### When defending

- ✓ "Dare to enter the duel"
- ✓ "Stand up straight and don't tackle."
- ✓ "Make sure you know the position of your fellow players and coach your fellow players"

#### When recovering the ball

- ✓ 'Dare to go over your direct opponent if the situation lends itself to it'
- ✓ "Think ahead if you can"
- ✓ "Keep the ball in the team"

## E. THE EVALUATION OF THE GAME INTENT

During and after the game, trainers and players check whether the game intention that was practiced during training was translated into the game in a convincing way. We ask ourselves the following 3 questions:

1. Do we manage to win the ball higher on the field?
2. Does everyone help to defend?
3. After recovering the ball, can we find sufficient depth in our build up?









## **COLOPHON**

### **Responsible publisher**

Lithuanian Football Federation  
Stadiono g. 2, LT-02106 Vilnius

### **Find more on our website**

<https://lff.lt/>



LITHUANIAN FOOTBALL FEDERATION