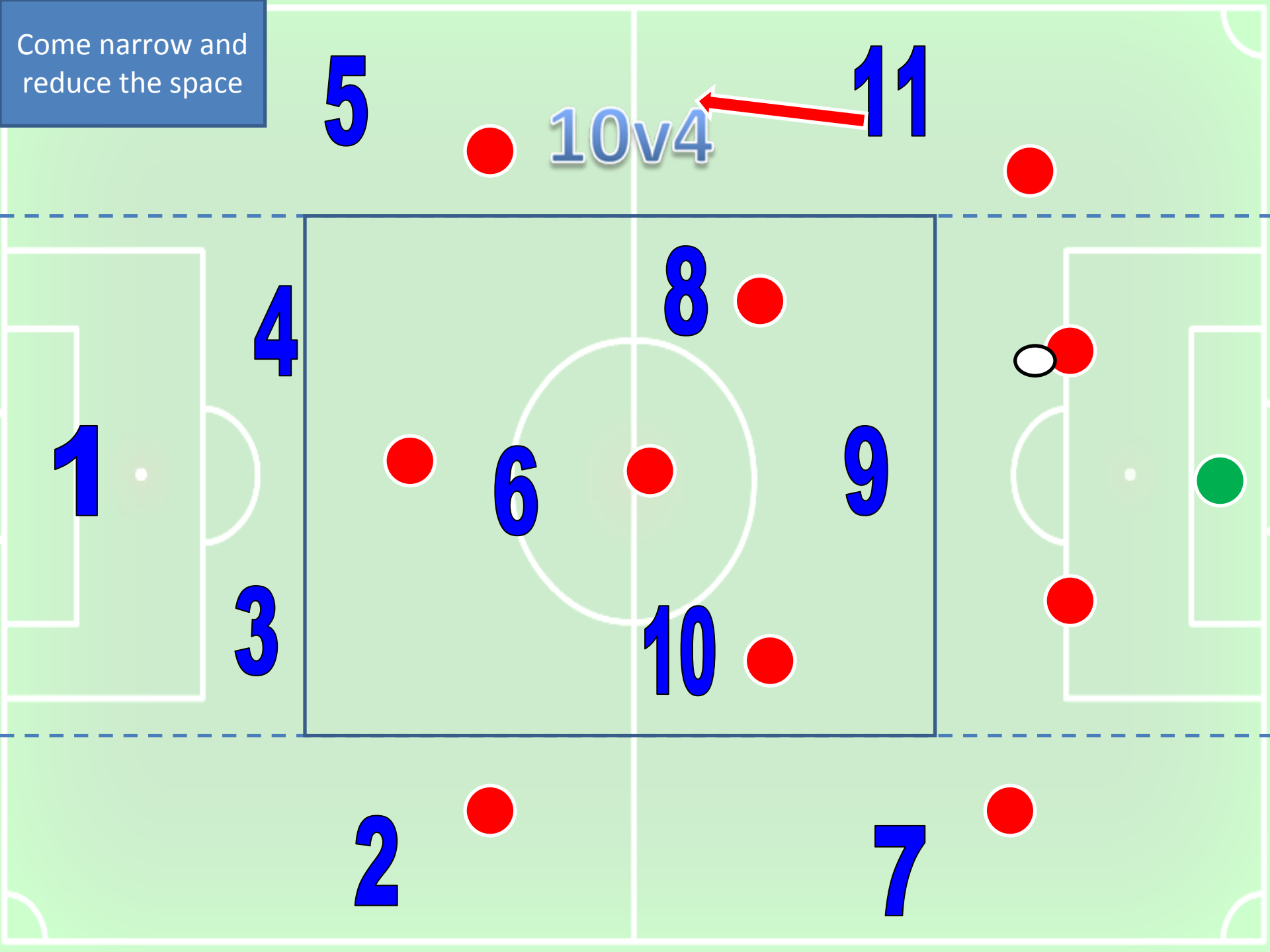


Tactical Videos

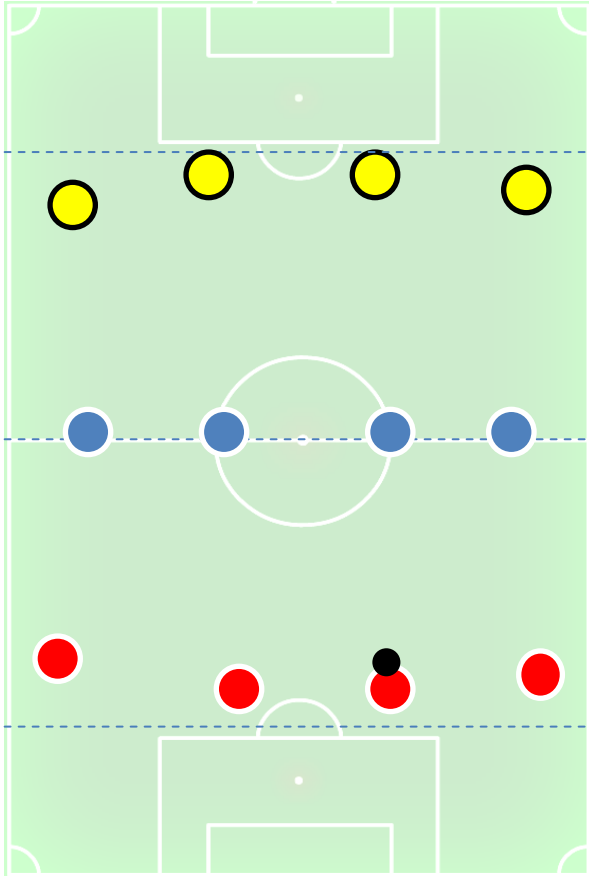
“Compact Defending”

Come narrow and
reduce the space



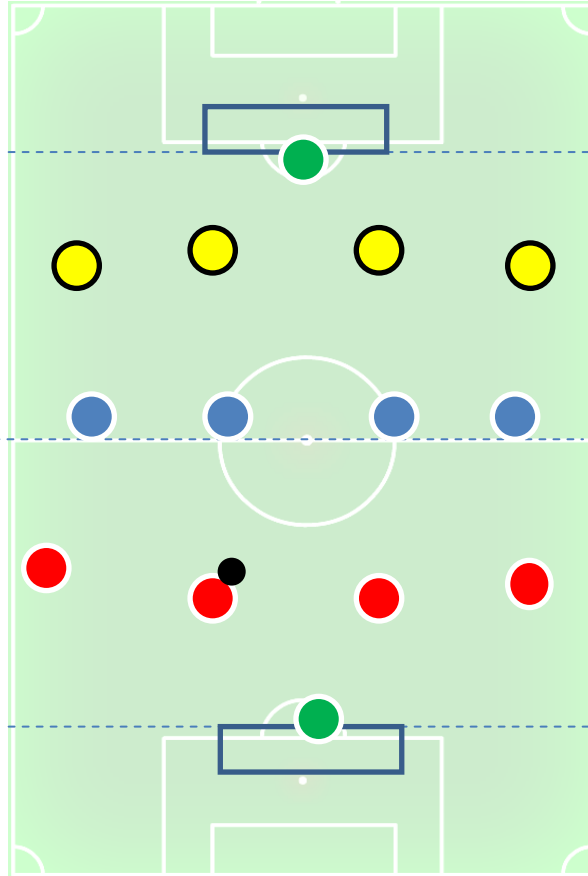
Back four – Compact Defending

Get compact / Block the pass



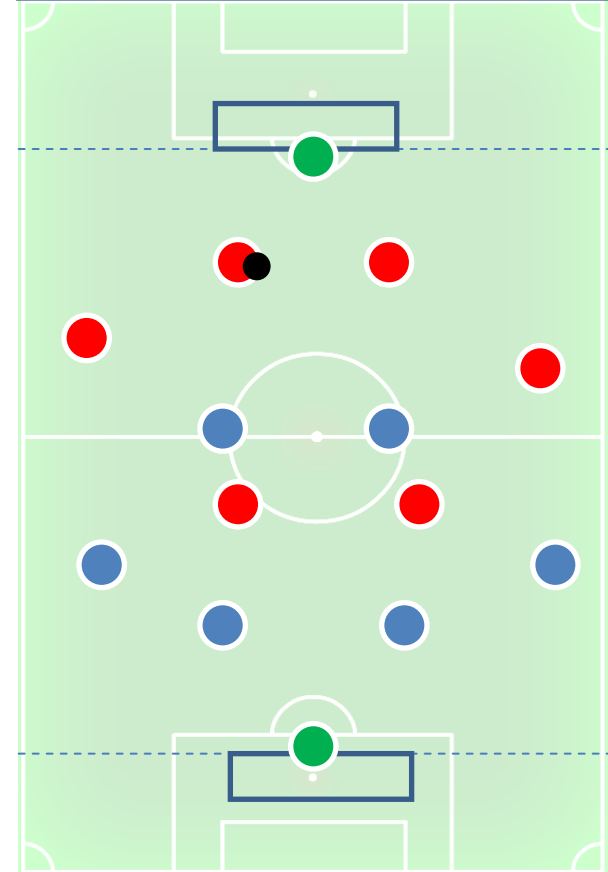
Three teams of four players
Each team have a turn as defenders
Outside teams play two touch
Progress to allow one player to press

Compact / Press / Counter



Three teams of four players
Wave game – defend, counter and attack
Defenders must stay narrow
Force wide and isolate (avoid switch)

Decrease the space




Two teams
Each team deploys a GK-4-2 system
Replicates back four and midfield two
Decrease space by coming narrow
Decrease the space between the lines
Decrease the space behind by dropping off

For more Tactical Videos, Coaching Software and Academy Sessions visit

www.academyfootballcoach.co.uk

ASC Soccer **coaching resources** for the
professional and grassroots game

A small illustration of a soccer field with a goal at the top. A red dashed line indicates a pass or shot from a player in the center towards the goal. Other players are shown in various positions on the field.