

Saturday 25th October



Roles & responsibilities of central & flank defenders

Athletic & technical profiles of defenders ?

Presented by
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St. George's Park



Jamie: Key messages

‘you are in and out of systems very quickly’

‘I understood the game, I was not the biggest or quickest’

‘thinking about defending when we had the ball: Help myself’

‘have to react to things that happen quickly without organising’

‘you had to work it out yourself’

‘loved back 4 work’

‘there is no one way’

‘small detail: the little things that change games’



The Current Game



90% Pass rate accuracy

3 seconds Average time between passer and receiver

2 seconds In possession

2 touches Average touches on the ball

2 seconds Decision-making



Technical



	Full Back
Total Passes	36.6
Passing Success %	81.8
Balls Received	37.5
Passes Forward	16.9
Average number of Touches	107.0
Final Third Entries	6.5
Penalty Area Entries	3.8
Crosses	2.7
Clearances	2.9
Interceptions	12.4
Tackles	3.4

	Centre Back
Total Passes	32.7
Passing Success %	85.6
Balls Received	29.5
Passes Forward	17.1
Average number of Touches	89.6
Final Third Entries	4.2
Headers	9.8
Clearances	4.2
Blocks	1.7
Interceptions	17.8
Tackles	2.7



Future Picture



FASTER: ball speed, player movement, decision making, technical implementation

UNORTHODOX: unexpected, unusual skills will be necessary

VARIED: game tempo, technique requirements, game styles

INTELLIGENT: Individual and team tactical decision making

DISGUISED: deceit to beat the block and stubborn defenders

POSSESSION BASED: ball retention, precision and incision with possession

INVENTIVE: more 'solo' players and 'mavericks' will flourish

INSTANT: NOW is the time

ATHLETICISM: Significantly enhanced in all aspects



What does this mean for future defenders?



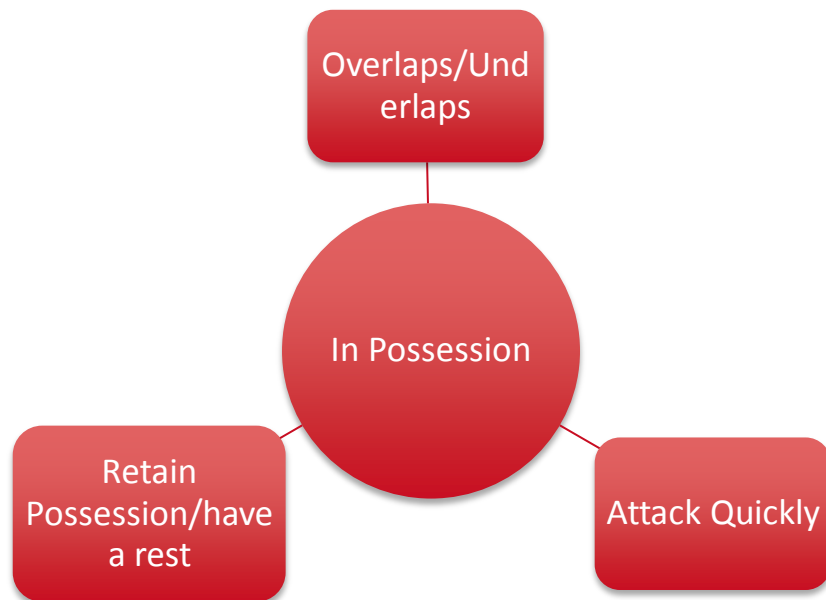
A Four Corner Analysis



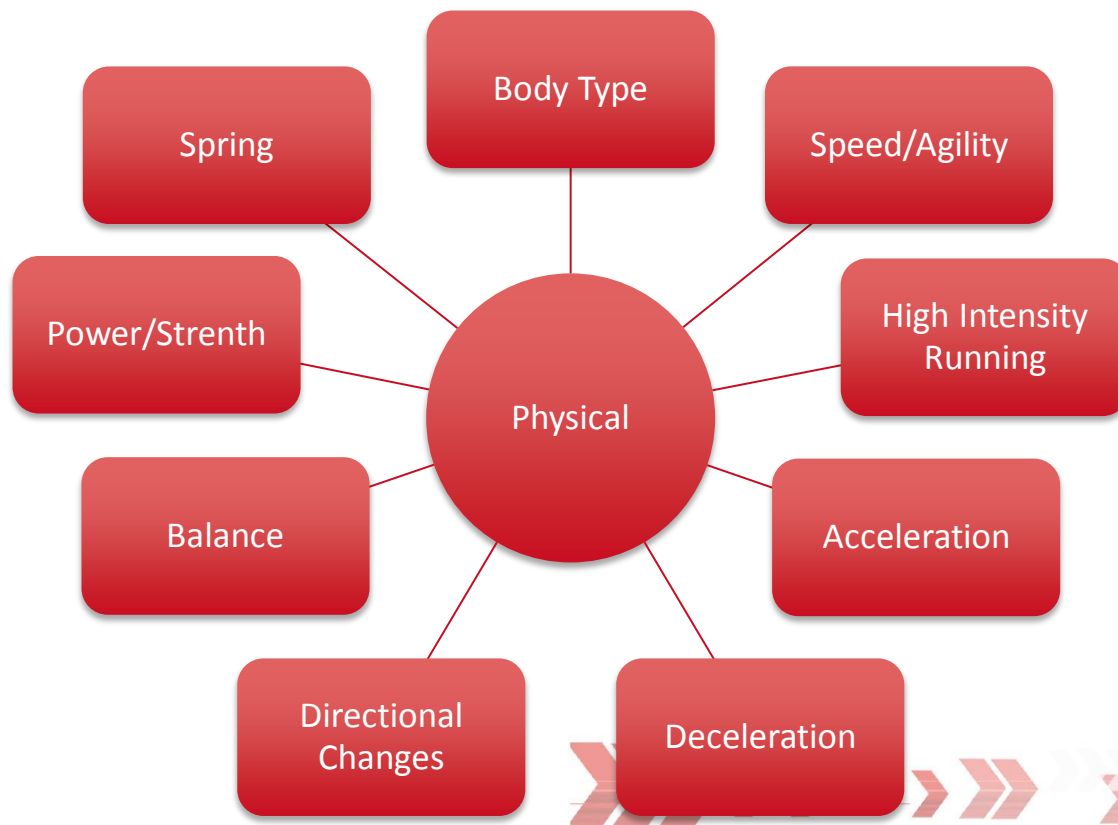
Technical



Tactical



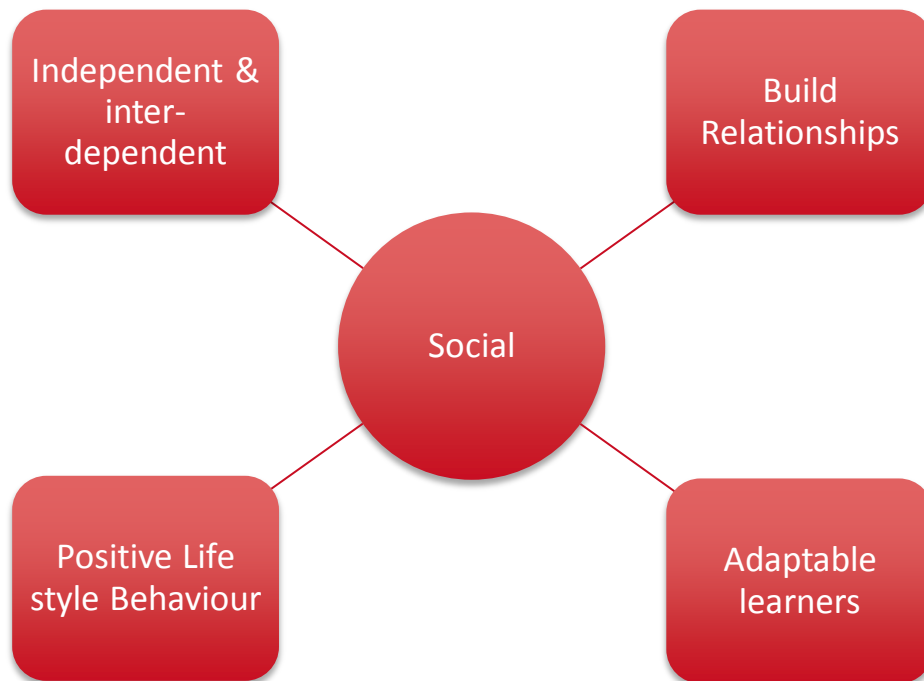
Physical

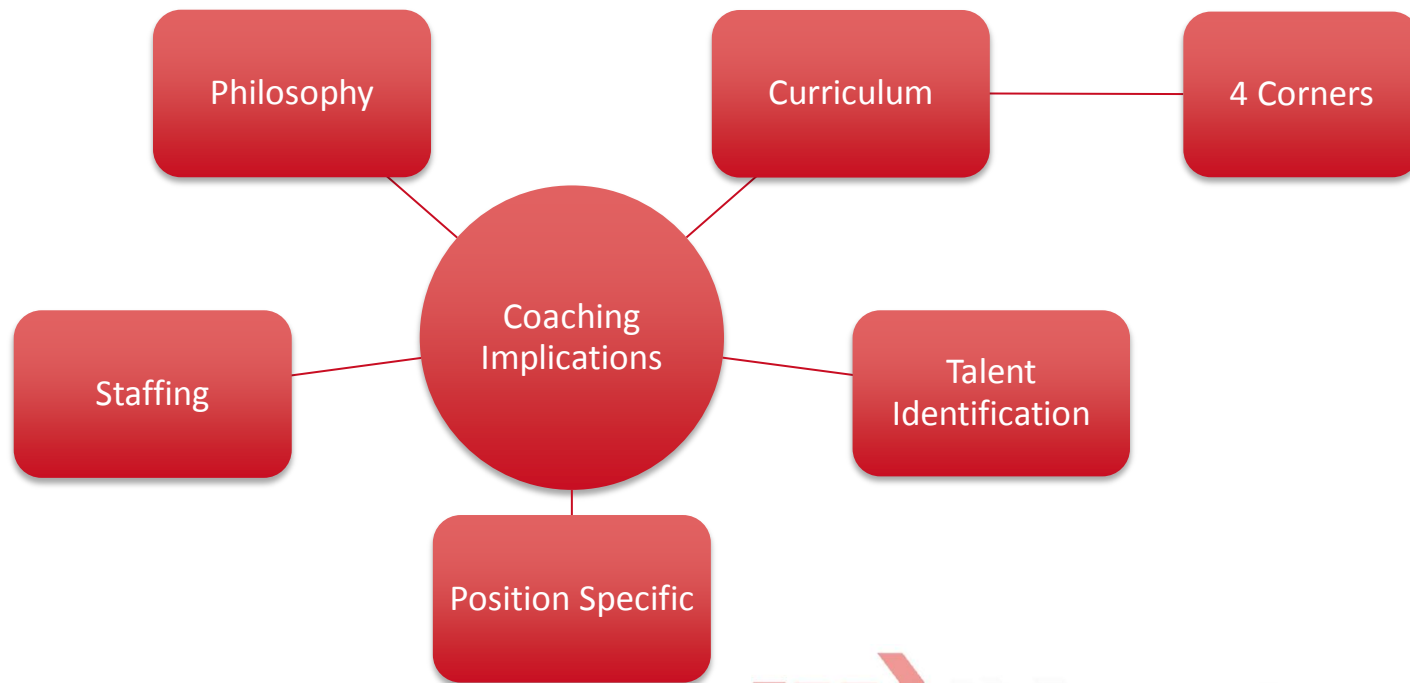


Psychological



Social







What do they have in common ?



What are the differences ?

Coaching Implications?

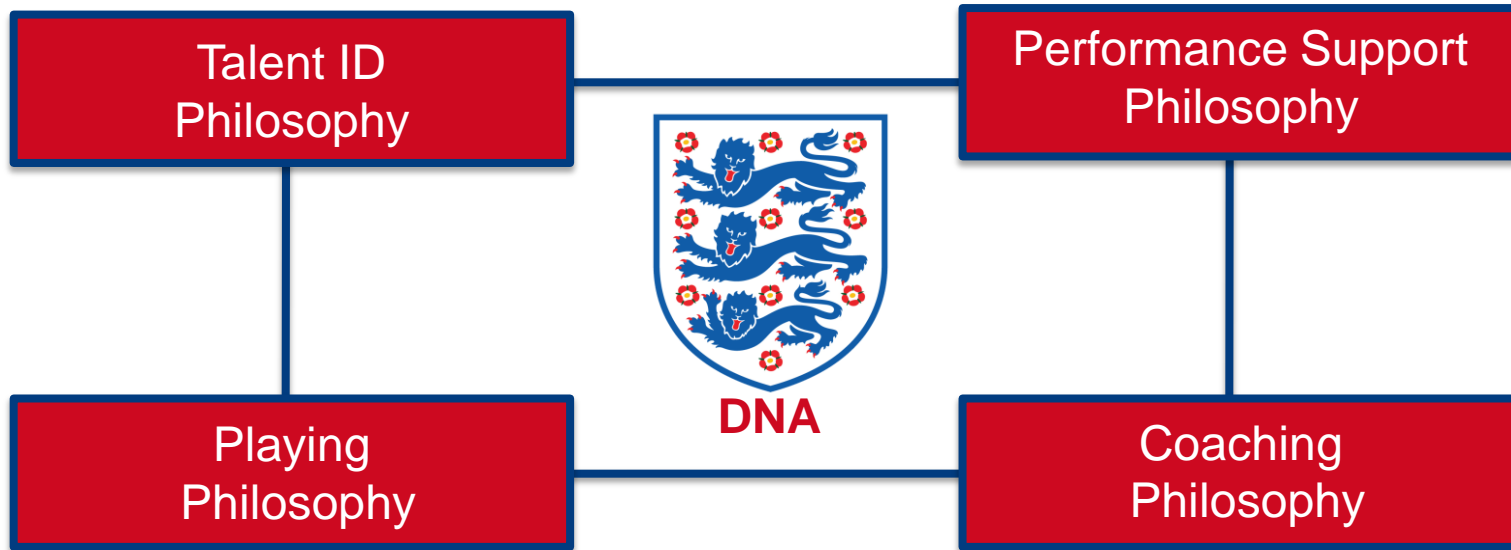


Coaching Philosophy

Coach led v Player led

Performance v Learning

**‘I will try not to get in the way of
their learning’**



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THE FOOTBALL ASSOCIATION - TECHNICAL AND TACTICAL POSITIONAL SPECIFIC QUALITIES | CENTRE BACK FEEDBACK FORM

Name
Age Group Match/Tournament
Date



	BIS					ES		AS		
IN POSSESSION	1	2	3	4	5	6	7	8	9	10
Passing Long										
Passing Short										
Heading										
Ability To Switch Play										
Ability To Join In Mid & Att Third										
Vision / Awareness										
OUT OF POSSESSION										
Heading										
Tackling										
Defend 1 v 1										
Defend 1 v 2										
Defending Crosses										
Defending General										
Track Runners										
Marking In The Box										
Senses Danger										
Positioning / Covering Positions										
Intercepting/Blocking										
Transitions A-D										
Transitions D-A										
Carrying Out Instructions From Coach										
Set Play Effectiveness										
Decision Making										

SPECIFIC REPORT SECTION FOR CLUB'S TARGETS

PREVIOUS REPORT MARK

ENGLAND

BIS - Below International Standard, ES - Expected Standard, AS - Above Standard



THE FOOTBALL ASSOCIATION - TECHNICAL AND TACTICAL POSITIONAL SPECIFIC QUALITIES | FULL BACK FEEDBACK FORM



Name Match/Tournament
 Age Group Date

	BIS					ES		AS		
IN POSSESSION	1	2	3	4	5	6	7	8	9	10
Passing Long										
Passing Short										
Heading										
Dribbling/Running with the ball										
Crossing										
Receiving Qualities – Feet										
Receiving Qualities – Space										
Overlap/Underlap Runs/Timing Of Runs										
Link Up Play										
Comfort in Central Areas										
OUT OF POSSESSION										
Heading										
Tackling										
Defending 1v1										
Defending Crosses										
Defending General										
Positioning / Covering Positions										
Intercepting/Blocking										
Transitions A-D										
Transitions D-A										
Carrying Out Instructions From Coach										
Set Play Effectiveness										
Decision Making										

SPECIFIC REPORT SECTION FOR CLUB'S TARGETS

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THE FOOTBALL ASSOCIATION - PSYCH/SOCIAL | PLAYER FEEDBACK FORM - PILOT 13.9.13



Name Match/Tournament

Age Group Date

	BIS					ES		AS		
PSYCHOLOGY	1	2	3	4	5	6	7	8	9	10
Confidence										
Communication										
Concentration										
Control - Emotional										
Commitment										
PREVIOUS REPORT MARK										
SOCIAL										
Is well behaved										
Is a good learner										
Recognises the importance of the team										
Manages relationships effectively										
Demonstrates independence										
PREVIOUS REPORT MARK										

SPECIFIC REPORT SECTION FOR CLUB'S TARGETS

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THE FOOTBALL ASSOCIATION PLAYER SCOUTING FORM CENTRE BACK

Technical and Tactical

IN POSSESSION

- Passing Long
- Passing Short
- Heading
- Ability To Switch Play
- Ability To Join In Mid & Att Thirds
- Vision / Awareness

OUT OF POSSESSION

- Heading
- Tackling
- Defend 1 v 1
- Defend 1 v 2
- Defending Crosses
- Defending General
- Track Runners
- Marking In The Box
- Senses Danger
- Positioning/Covering Positions
- Intercepting / Blocking

TRANSITIONS / SET PLAYS

- Transition A-D
- Transition D-A
- Set Play Effectiveness

Physical

- Speed
- Power
- Endurance
- Size and Shape

Psychological

- Concentration
- Communication
- Confidence
- Commitment
- Courage
- Emotional Control

Below International
Standard

C

Expected Standard

B

Above Standard

A

Player Name & D.O.B
Match/Venue
Age Group
Date

RECOMMENDED

MONITOR

NOT RECOMMENDED



Monitor Reason Why / Additional
Comments

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THE FOOTBALL ASSOCIATION PLAYER SCOUTING FORM FULL BACK

Technical and Tactical
IN POSSESSION
Passing Long
Passing Short
Heading
Dribbling/Running With The Ball
Crossing
Receiving Qualities - Feet
Receiving Qualities - Space
Overlap/Underlap/Timing Of Runs
Link Up Play
Comfort In Central Areas
OUT OF POSSESSION
Heading
Tackling
Defend 1 v 1
Defending Crosses
Defending General
Positioning/Covering Positions
Intercepting / Blocking
TRANSITIONS / SET PLAYS
Transition A-D
Transition D-A
Set Play Effectiveness
Physical
Speed
Power
Endurance
Size and Shape
Psychological
Concentration
Communication
Confidence
Commitment
Courage
Emotional Control

Below International Standard
C
C
C
C
C

Expected Standard	
B	
B	
B	
B	
B	

Above Standard	
A	
A	
A	
A	
A	

Player Name & D.O.B
Match/Venue
Age Group
Date

RECOMMENDED

MONITOR

NOT RECOMMENDED

Monitor Reason Why / Additional Comments	



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Use as or tweak

