

CHICAGO FIRE JUNIORS WEST DEFENDERS



Defending (Central Defenders)

- Pressure, cover and balance.
- Understanding of zonal, man-to-man marking
- Denying opposition space and time
- Angles of recovery runs
- Ball winning
- Organization through communication
- Space and positioning in relation to the game

Attacking (Central Defenders)

- Quick distribution (Short & Long Passing)
- Use height advantage during set pieces
- Provide depth in our attack
- Start counter-attack
- Step forward into the midfield to create a numbers up situation

Key Techniques

- Tackling
- Heading
- Intercepting balls followed by quick distribution
- Clearing ability
- Quick and accurate passing

Defending (Full Backs)

- Pressure, cover and balance.
- Deny penetration from wide areas.
- Angle of recovery runs and tracking opponents.
- Pinching-in when ball on opposite side.
- Marking assignments
- Quality communication with team-mates to cover and prevent opposition attacks from wide areas

Attacking (Full Backs)

- Provide width in the attack.
- Maintain team shape
- Provide an early outlet for Goalkeeper as well as other teammates.
- Offer support from behind and in advance of the ball (i.e. Overlapping runs)

- Range of passing (short, lofted, driven)
- Crossing from various angles
- Long range shooting
- Dribbling to beat an opponent
- Finishing

[Video Highlights](#)