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Theme of the written presentation

Training of individual and group defense behavior in a two against two situation.

Thereby one can distinguish three different types of this two vs. two situations concerning the game direction:

- a horizontal two vs. two
- a vertical two vs. two
- a diagonal two vs. two

Furthermore one can differentiate between
a zone defense and
a man-to-man defense

and between individual
and group defense behavior.

Concerning the strategic behavior it can be necessary to value a time giving strategy higher than a strategy that focuses on coming into ball possession immediately.

Key points

In my presentation I will focus on the vertical type of two vs. two situations and I will take a closer look on the man to man defense and thereby concentrate on gaining ball possession. It will be necessary to know what the defender is able to do respectively what they are supposed to do. As an individual player in the specific situation and in the double group.

Especially it is important to know what they have to do in this specific area on the left side and what their possibilities are.

Their solution is to gain ball possession and to immediately start the attack to the opponents' goal. You may call this a Defend-to-Win-Philosophy.

Gamesituation

2 vs 2 in vertical game direction on the left side between 25 yard line and middle line. This is the gamesituation in defense the player without ball has to solve.

They play on a high level, for example first Bundesliga in Germany, so you can expect a high level of defense skills.

My focus is on the team solution concerning the defense behaviour. The two players in defense have to solve the situation as a team. They must work together. They have to communicate. The Player in the back/the left-midfielder has to lead his forward/left-forward by calling him from behind and giving him orders.

In their defense behaviour they have the attitude to make the distance to their opponent small. Furthermore a good opportunity is to slow down the ballspeed of the opponent. They have to block the hotline so they are coming from inside.

Picture 1

First Pass to RB

Now I picked up two alternative game situations

At First

the pass comes from inside to the right defender/ right midfield as I showed on the last picture. Then there are different possible solutions, that can be taken by the defender:

They are working together in a double team. This is one solution.

They close together the two dangerous passing possibilities. The sideline pass by LF, the inside pass by the LM, so RD of the opponent team have to pass back to the Player who plays the first ball, the center defender/ CD of the built up team,

Another possibility, to dribble against the LF can solve by the defending team in this way : they/ LF and LM play as a double team in defense

Picture 2

Def Beh LF + LM dbl

Second

The built up team plays the first ball to the right Midfield/ RM.

The opponent the LM attacks from the inside, closes the hotline. The other player, who is playing in defense is helping his team mate on his backhandside. He closes the area between his team mate and the sideline. This is a great opportunity to get the ball.

You see the situation on the next picture :

Picture 3

First Pass to RM

Trainingsession

Now I show you how to train the skills and the defense behaviour you need in this specific situation in a methodical way.

First Step is to train the individual attitudes of the left forward/ LF and the left midfield/ LM too.

We practice this in the game 1 vs 1 on 4 goals

Picture 4

1 vs 1 to 4 Goales

Next step is to train the way how to work together in a double team.

We do this with a game 2 against 2 on 4 Goals.

Very important for a successfully teamwork is a good communication. The player who is playing behind his team mate in defense has to lead him by giving directions.

These teamwork can be like this :

The LF attack his opponent from the left side, close his left foot and channel him to the inside.

The LM have to give him the signal/ for example by shouting/at which time he have to do

The other player of the defending team/ LM has now the following options :

- to anticipate the pass/if he/ RD passes/ and take off the ball
- to attack the RD on the passing line and play with his team mate; the LF, as a double team in defense to get in ball possession .

This could be a very effective strategy, if these two players, in the vertical defense line, works effective together. They have to practice this tactical defense group skill, defending as a double team, very often !!

This a game to do this in practice :

Picture 5

Game 2 vs 2 to 4 Goales

Final step is the Training Game 2 vs 2 with a neutral Player

This is nearly the situation they have in the game. They have to train this situation very specially and very often. It is more easier because the players have more area as in the game they have.

Picture 6

Skill 2 vs 2 plus Joker

Conclusion

The training of the defense behaviour in a Two vs Two situation, specially the team work of the left forward and left midfielder as a double team is very important.

Because it is very difficult to defend your weaker left side. You must have players with very good defense practice and defense skills. If your defense on this side works better as the opponent team in built up, they have to play about the left built up side or the middle. With a strong and dynamic defense on the left side the team is able to come early in ballpossession.

The understanding, better the philosophy, of this way to play the game, is defending the game to regaining ballpossession into attacking to score.

You can say defend to win !!!

Therefore its important the players understand the concept of this training concept.

You can do this with specially video-cuts of this situation. They must digest the concept and then reproduce it in training sessions an then at least in matches.

