CHAPTER 4
FORWARDS’ DEFENSIVE POSITIONING

DEFENDING AGAINST A 3 MAN DEFENCE .......................................................... 123
SESSION FOR THIS TACTICAL SITUATION (5 Practices) .......................................................... 136
1. Defensive Positioning of the Forwards to Block Passes into Midfield ............................... 136
2. Pressing Against a 3 Man Defence and Forcing the Ball Wide in a Zonal Practice ............................... 137
3. Pressing Against a 3 Man Defence and Forcing the Ball Wide in a Zonal Practice (2) ....................... 138
4. Pressing With the Front Block and Preventing the Switch of Play in a Dynamic 7 v 7 Game ............... 139
5. Defending Passively Against a 3 Man Defence and Blocking Through Passes in a Zonal Practice ...... 141

DEFENDING AGAINST A 4 MAN DEFENCE .......................................................... 143
Defending in a Passive Way Against a 4 Man Defence .......................................................... 144
SESSION FOR THIS TACTICAL SITUATION (2 Practices) .................................................. 147
1. Defending Passively Against a 4 Man Defence to Block Passes into Midfield (3 v 6) ................. 147
2. Defending Passively Against a 4 Man Defence to Block Passes into Midfield (7 v 9) ................... 148
Pressing With the Front Block Against a Team Using a 4 Man Defence ...................................... 150
SESSION FOR THIS TACTICAL SITUATION (5 Practices) .................................................. 157
1. Synchronised Double Marking On the Left Flank and Blocking Passes Towards the Centre (1) ........ 157
2. Synchronised Double Marking On the Left Flank and Blocking Passes Towards the Centre (2) ........ 159
3. Synchronised Double Marking On the Right Flank and Blocking Passes Towards the Centre .......... 160
4. Pressing On the Left Flank When the Opposition Winger is in a Deep Position ......................... 161
5. Pressing On the Flank With the Opposition Winger in a Deep Position - Functional Practice ......... 163
DEFENDING AGAINST A 4 MAN DEFENCE
Pressing When the Winger is in a Deep Position On the Strong Side

In situations when there was a winger in a deep position on Juventus’ left side and the distances between the defenders were too big to ensure the effective switch in the opponents’ marking, the wing back didn’t risk moving forward to put pressure on the right back with the ball. Instead he stayed close to his direct opponent and let the attacking midfielder do the job.

Defending When the Winger is in a Deep Position On the Strong Side
(No Chain Reaction)

In this example the white team’s right midfielder (7) is in a deep position.

Chiellini (3) is too far away from the left wing back Asamoah (22) so a chain reaction (shifting and switching the marking of players) cannot take place.

Chiellini communicates with Asamoah so he does not move forwards.

As soon as the pass is directed to the right back (2), Marchisio (8) has either read the tactical situation or been informed by Asamoah, so he takes over the responsibility of closing the new player in possession down.

The left wing back Asamoah (22) stays close to his direct opponent - the right winger No.7.
Defending When the Winger is in a Deep Position On the Strong Side (Chain Reaction)

In this example the distance between the centre back Chiellini (3) and the left wing back Asamoah (22) is much shorter.

As there is coaching between the players, when the pass is made towards the white right back (2), Asamoah (22) takes advantage of the transmission phase (the time the ball takes to travel) and puts pressure on No.2.

At the same time, in the form of a chain reaction, Chiellini (3) takes over the right winger No.7’s marking and Marchisio (8) moves to help apply double marking.
SESSION FOR THIS TACTICAL SITUATION (5 Practices)

1. Synchronised Double Marking On the Left Flank and Blocking Passes Towards the Centre (1)
Description

Using 1/4 of a full pitch and the penalty area we mark out two 20 x 20 yard zones as shown. The zone next to the sideline is divided into two (red and yellow). The players starting positions are on the yellow cones except for the white No.6 who moves freely inside the blue zone and No.2 who moves freely inside the red and yellow zones.

The whites' aim is to pass the ball to No.6 (1 point) and dribble the ball through the end red line (3 points) while the defending players aim to prevent both. The goalkeeper starts by passing to the centre back (4) and the defending players (black) move accordingly. The forward's (14) role is to force the play towards No.2 and prevent the through pass to No.6. When the pass towards No.2 is made, the defending players move to double mark him.

Which players participate in the double marking depends on the area in which No.2 receives the ball:

- **Diagram 1:** If No.2 receives in the yellow zone, the wing back (22) applies pressure and the attacking midfielder (8) helps to double mark him. The forward (14) moves back in case No.6 drops deep. In this situation the defensive midfielder (21) doesn't take part.
- **Diagram 2:** If the white No.2 receives deeper in the red zone, No.8 is the player who presses him and No.14 helps to double mark. No.21 shifts (as part of a chain reaction) and marks white No.6.
- **Diagram 3:** When No.2 is in the yellow zone and we don't want No.8 to move across, the coach calls a code word “ONE”. Only the wing back (22) closes No.2 down. No.8 is in a supporting position and No.14 either drops back to double mark or moves back to prevent No.6 from receiving in a deep position.

Restrictions: 1. White No.2 should use at least two touches. 2. The whites are not allowed to pass back to No.4.

Progression: As soon as the defending players win possession they launch a counter attack and must score within 6-8 seconds using 1/4 of the pitch and the penalty area.
Learn the Juventus 3-5-2 System of Play, Tactics, Each Player’s Responsibilities, Positioning & Movement With Every Possible Phase of Play

BUY YOUR COPY NOW!
Full Colour Print and/or eBook

Worldwide Shop: BUY NOW

USA / Canada Shop: BUY NOW