Defenders Skill Set

Defensive Footwork

Tackling using the “Block Tackle” - both sides

Pressurizing the Forward - Immediate squeezing on ball carrier

* Prevent Forward from Turning
* Jockeying Forward to sideline

Defensive heading high and wide

Volleying clearances

Marking - correct distance - from breakaways - from set pieces – from crosses

Great First touch from Long Balls with different body surfaces

Accurate passing with both feet – short to medium distance

Playing long accurate balls

Playing strong driven passes into Midfield

Support Play – correct angle and distance

“Opening Up” and moving ball across defensive line

Ability to play in Zone or Man-to Man defense

Knowing how to “Double Team”

How and when to Overlap – calling

Speed Dribbling – especially Fullbacks

Crossing from Both sides

Shooting from distance