



# ***PHASE OF NON POSSESSION OF THE BALL***





## INDIVIDUAL TACTICS OR APPLIED TECHNIQUE

### When in possession of the ball (attack)

- Unmarking
- Shield and protection of the ball
  - Shooting
  - Passing
- Feint and dribbling

### When not in possession of the ball (Defend)

- Positioning
- Marking
- Tackle
- Defend the goal
- Intercepting

# INDIVIDUAL TACTICS

**Individual tactics are the connection between technique and tactics**

**It is based on the situation in which the player is during the game:**

- A. The player can be in possession of the ball**
- B. The player can be off the ball but his team has possession of the ball**
- C. The player and his team do not have possession of the ball and they are focused on regaining possession of the ball.**

# MARKING

## Definition:

It is the individual tactical ability to take space away from the opponent maintaining a close range to limit him in his offensive play.

## Description:

When ball possession is lost there is no difference in which position each player plays. Most of the players should participate in the defensive phase dropping behind the line of the ball or at least get closer to the ball to create a compact defensive block to narrow the space and gaps on the field. All this to achieve the following:

- Delay the play of the opponent
- Prevent shooting on goal
- Regain possession of the ball

# MARKING

Every defender must read the defensive situation from the start and positioning the following questions:

**Where is the ball or the player with the ball?**

First thing to do is positioning toward the inside of the field. If the defender is beyond the line of the ball he should get in front of the ball, and if he is already in front of the ball he has the following options:

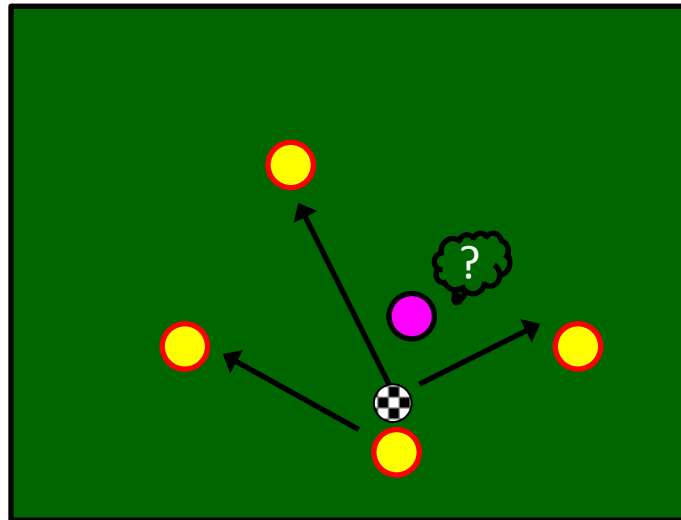
1. Challenge the player with the ball
2. Mark an opponent without the ball
3. Cover the space

The defender closer to the ball must apply pressure and the players further away must position themselves closer to the opponents to mark them, preferably in a diagonal line to provide cover to each other

# MARKING

**Where are the opponents?**

The defender must read all the passing lanes options through which the opponents can develop their play. The play must be read and anticipated by the defender to prevent the build up.



# MARKING

## Where are my teammates

Defensively we must ensure balance which implies the necessity to defend with numerical advantage. In situations of 2vs1 with one player applying pressure on the ball and a defender providing cover we are in the psychological and tactical condition to have an aggressive attitude. While in a situation of 1vs1 or even 1vs2 it is better to be more cautious, and delay the play.

# MARKING

## Marking the player with the ball

The defender closest to the ball must challenge by applying pressure with the objective to prevent quick play and through forward balls. To do so the defender must close down the opponent with proper position and force the player with the ball to lateral or backwards passes.

The objective of this defensive play can be to:

- **delay**
- **force the play on one direction**
- **regain possession of the ball**

## MARKING

### Close down on the player with the ball

The defender must close down the opponent quickly to prevent him from moving forward and get momentum. However he will have to slow down at the right distance to assume a good balanced posture and maximum reactivity, to prevent being overtaken easily with a simple change of direction and pace.

Eyes must be always on the ball to prevent being fooled by the feints.

At this time we need to decide if we need to:

Delay

Force the opponent on one direction

Regain ball possession



# MARKING

## Delaying

Delay and slow down the play

## When???

The defender can try to win the ball when he is absolutely certain to succeed, otherwise he must choose a more cautious tactics:

- In a situation of numerical disadvantage
- When he is tired physically and mentally
- Against a fast and strong opponent
- Against an opponent good at dribbling and specially if he likes to take on players with the ball at their feet



# MARKING

## Delaying

### How???

**If the attacker takes on the defender in tight space at low speed, the defender must jockey and move backwards by shuffling his feet without crossing his legs.**

**In case there is a quick change of direction the defender must change the posture of his body without turning his back, he must always see the ball.**

**In case the attacker takes on the defender in open space at speed, the defender must retreat using a normal running style.**

# MARKING

## Delaying

### Why???

**This delaying tactic allows the teammates to run back in support and re-create numerical advantage around the ball, allowing at this point a more active and aggressive defensive play.**

# MARKING

## Force the opponent on one direction

The defender can force the opponent on a set direction:

### Where and why???

- towards the flanks in order to use the sidelines as an obstacle for the opponent because it limits his play and prevents him to move towards the goal
- Towards another defender to allow his intervention and double marking
- Towards the weaker foot of the opponent forcing him to make an error

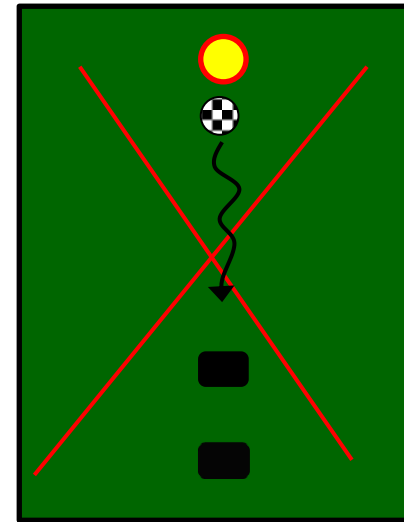
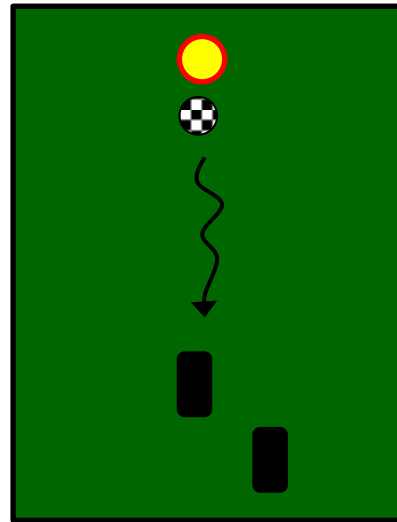
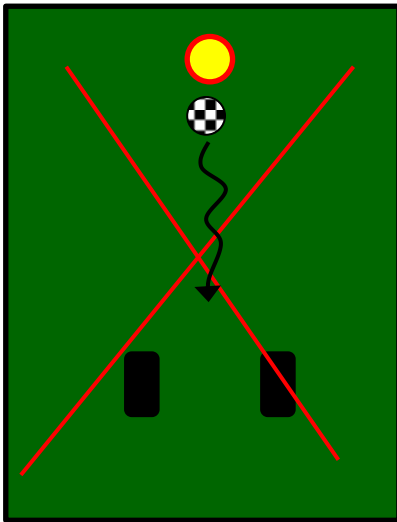
# MARKING

Force the opponent on one direction



How???

The proper defensive stance is the one of the boxer, a sideway-on posture that gives balance and stability, allowing quick backwards, forwards and lateral movements.

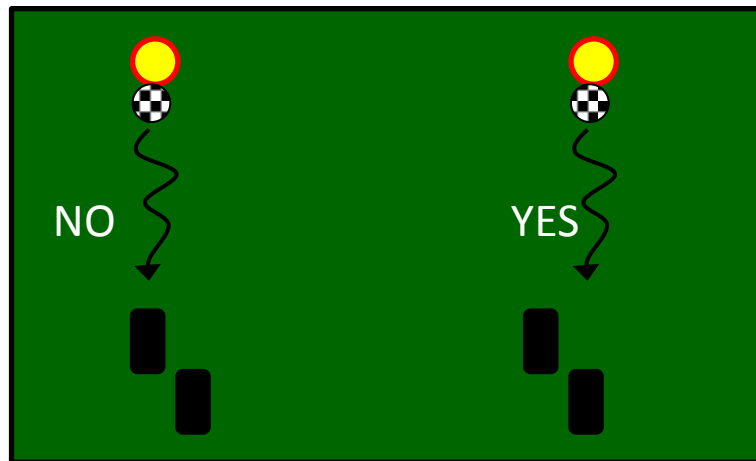
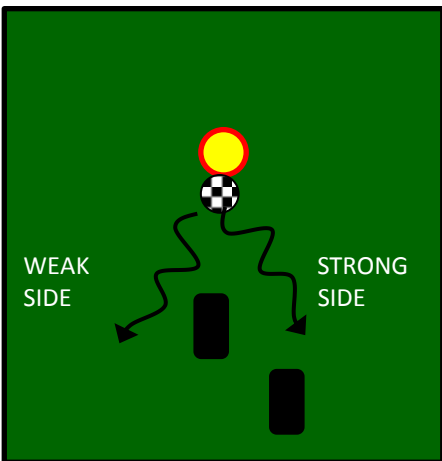


# MARKING

## Force the opponent on one direction

If the defender is attacked on his weaker side he will have difficulty because in order to chase the opponent he must turn his back losing sight of the ball. If he is attacked on his strong side he will be at an advantage.

It is very important the defender does not get beat on his weaker side. To do this the position of his back foot must be in line with the advancing line of the opponent



# MARKING

## Regain possession of the ball

When the team is well organized defensively compared to the opponent, then the defender can accelerate his defensive play forcing pressure on the attacker in order to:

- Force him towards an area of the field less convenient
- Force him to turn his back
- Force him to make the first move (like push the ball forward)
- Create a state of emotional stress for the defender

# MARKING

## Marking the opponent off the ball

To defend effectively it is not enough to apply pressure on the ball but it is necessary to mark also the players off the ball. The defender marking the opponent off the ball must then look after the ball and the opponent.

Marking must be more or less tight depending on:

- **The ability of the player with the ball**

It is fundamental to be aware of the ability of the player with the ball: can he play the ball deep, is he a good dribbler? This information is important for the defender so he is ready whenever the attacker uses his options.

# MARKING

## Marking the opponent off the ball

Marking must be more or less tight depending on:

- **Distance of the ball from the direct opponent**

The farthest away is the ball from the player being marked the less tight the marking can be and vice-versa

- **Distance of the goal in relation to the direct opponent**

The closest the play is to our goal the tighter the marking must be

- **Technical abilities of the opponent**

If the opponent is good technically and good dribbler then it will be prudent for the defender to stay close and try to anticipate the opponent to prevent him to receive the ball

# MARKING

## Marking the opponent off the ball

Marking must be more or less tight depending on:

- **The physical and athletic characteristics of the opponent**

If the opponent is faster and stronger it is better to cover space and depth.

- **Situation of pressure on the ball or not pressure on the ball**

In a situation where there is no pressure on the ball and it can be played forward it is better the defender does not mark tight but cover space behind. The opposite is if there is pressure applied on the ball.

# MARKING

## Other exercises for the defensive phase

Diagonal marking in a surprise situation



Marking the opponent with his back to goal (ball on the ground – ball in the air)



Marking on a cross (ball and opponent in the visual field – opponent behind the defender)





# DEFEND THE GOAL

## Exercises for the phase of non possession of the ball

### Definition:

It is an individual tactical ability consisting on protecting the goal placing ones body between the goal and the ball

Defend the goal  
from a central shot

Defend the on the flank  
with opponent entering the penalty box





# TACKLE

## Exercises for the phase of non possession of the ball

### Definition:

Individual tactical ability consisting of taking the ball from the opponent or kicking it away from his possession

Attack after frontal tackle





# ANTICIPATION/INTERCEPTING

## Exercises for the phase of non possession of the ball

### Definition:

Is the combination of plays intended as the individual tactical ability consisting of reading the game situations allowing the defender to regain ball possession before the opponent, and a play where the defender interrupt the pass of the opponent and winning the ball.

Anticipation on the flank

Intercepting a pass and attack of the zone

