

## TEAM DEFENDING

### GOALS OF DEFENDING

1. Win the ball back
2. Prevent forward movement
3. Prevent opposition from getting into good receiving positions
4. Prevent opponent from shooting
5. Prevent opponent from passing or dribbling
6. Force opposition into your supporting players

### WHAT TO DO WHEN YOU LOOSE THE BALL

1. Transition defensively immediately
2. Pressure player on the ball
3. Every player defends and gets behind the ball goal side
4. Get organized in front of the goal
5. Watch the player with the ball and the opponents without the ball

### TYPES OF MARKING SYSTEMS

1. Man to man
  - a. Players are assigned to guard specific opponents.
2. Zone
  - a. Each player is responsible for specific area
3. Mixed
  - a. Certain parts of the field use zone defending while the more influential players on the field are man marked

### GOALS OF MAN MARKING DEFENDING

1. Shut down dominant player
2. Win the ball back and attack

### ADVANTAGES OF MAN MARKING

1. Easy to understand
2. Marking of influential players
3. Mentally frustrating for oppositions

### DISADVANTAGES OF MAN MARKING

1. Fast player will exploit the slower player and pull defender out of position
2. Fitness level has to be high
3. Hard work

### GOALS OF ZONAL DEFENDING

3. Provide no area to play in for the opposition
4. Decrease the width of the field
5. Win the ball back and attack

### ADVANTAGES OF ZONAL DEFENDING

1. Less energy needed than man to man
2. Numerical superiority
3. Transition from Defending to Attacking is easier
4. Flexibility and balance in the Defensive unit



5. Allows players to play to their defensive strengths (players know their roles and responsibilities)
6. Players are given temporary freedom to go forward
7. Defender has support in 1v1 situations in case he/she gets beaten

#### DISADVANTAGES OF ZONAL DEFENDING

1. Breakdown in communication
2. Defensive responsibilities against particular types of opponent ex. Quick dribbler
3. Players who cannot read the game or situation to shift and cover
4. Mental fatigue (loss of concentration)
5. Laziness
6. Long term development