

5 COACHING TIPS TO HELP YOU DELIVER BETTER

- 01 What is the guard?
- 02 Facing forward in the seams
- 03 Zonal Vs Man to Man
- 04 Promoting the Halfback
- 05 What's the spiderweb press?



01 The Guard - what on earth is this?

The guard would refer to a player that is sitting, protecting and holding. Often supporting play, but managing the game in front of them.

You might play back to Guard when it's too busy in front of you, or you want to change the area of attack.

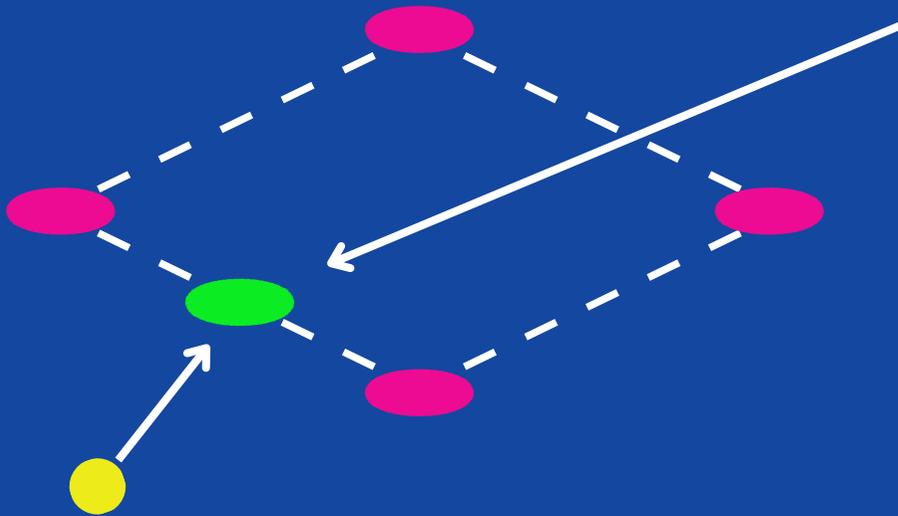
Importantly they need to provide discipline and not push when unnecessary - they should try and create a Diamond shape with the Centre back, and two half backs.



The Guard position needs Great Basics and speed of thought, is that you? / Can you Coach that?

02 Facing forward in the seams.

When you are being pressed, and finding yourself in a zonal style press when in possession, can you as a midfielder, get into the seams.



As the green player, you're on the seam of a zone, can you try and be ready to play forward by positioning yourself side on/open to take a positive touch?



Work on drills that promote a positive touch, and also checking the shoulder constantly.

03 Zonal vs Man to Man

Zonal Pressing allows you to create pockets and traps, it requires structure and discipline, but when it works well you can create 3 and 4 vs 1 in areas, and become effective at breaking at pace.

Traditional man to man is more simple in its principle, and for lower level teams can be effective. However it can create big gaps if players get dragged out of position.



Look at your players and see what strengths they have, and how they fit into a system.

04 Promoting the Halfback

Promoting the Halfback means when set up as perhaps a back four, you ask either the left back, or right back to push forward, making a back three, and that promotion could be into the midfield, or even higher up the pitch.

It's designed to make a team more attacking and aggressive in their shape and structure.

The Help side (opposite side) full back needs to recognise to cover - stepping infield and making sure their is suitable blance to the defensive shape.

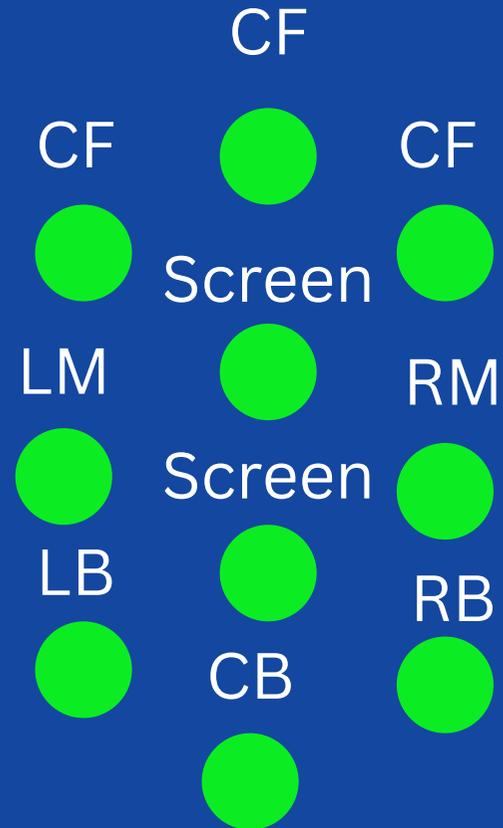


Does your halfback have the skills and confidence to be promoted, and desire to work back too?

05 What's the Spider Web Press?

This is a zonal style shape, that brings the defense set up compact and protects the central areas. Creating pockets to collapse.

Out of possession, the team adopts the diagram to the right.



When in possession, the midfielders go wide, and the screens go lateral.

As a coach – adopt formations that suit the players that you have, and the skills they possess.

You can break pressing down into bitesize chunks, for example a diamond with 2 players trying to play through to players at end zones.

It doesn't need to be full size – or overly complex.



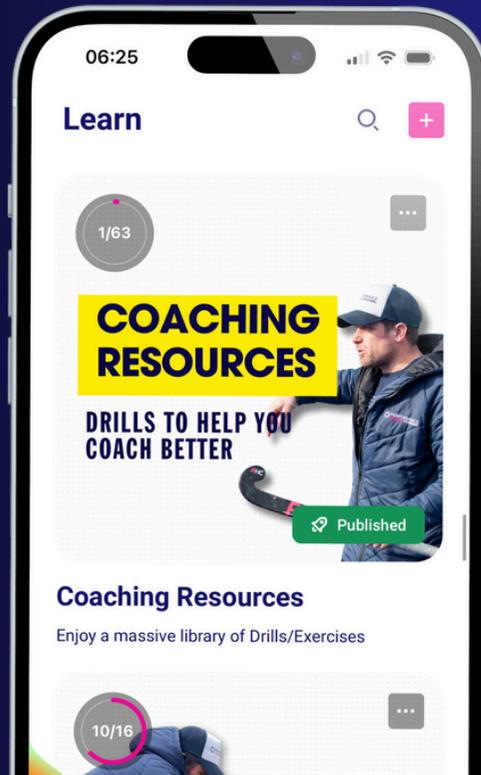
Matt Fairburn

A handwritten signature of Matt Fairburn in white ink, written in a cursive style.



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