

DEFENSIVE WORK

4x4 Strong – Weak side

- **Concepts:** Individual and collective defensive tactical principles.
- **Contents:** Work on defensive positioning, ball pressure (Strong side), 2nd line cover (Weak side) and body orientation.
- **Goals:** To improve the positioning and collective structure of the defense in order to close passing lines, avoid jumps in the 1st line, cover options and defensive changes.
- **No. of players:** 8 + 2 goalkeepers.
- **Equipment:** Balls, bibs and cones.
- **Space:** 40x20m.
- **Time:** 10-12 minutes.

DEVELOPMENT:

We divide the court vertically in 3 parts, two lateral zones of 6m. and a central one of 8m. as shown in the image.

We will play a normal 4x4 real game situation adding the following defensive rules:

- The defending team cannot occupy all 3 zones at the same time, at most they can occupy 2, the central and one side zone. If this happens, it will be counted as a goal against.

With this rule we work the strong and weak side, as when the ball travels to the wing and we pressure the player with the ball in the lateral zone, we force them to leave free the opposite lateral zone, making the opposing winger move towards the axis of the court to generate defensive options (Covers, adjustments between the lines, changes...).

It is important to give a few seconds for the defensive movement, as it could be that at some point the 3 zones are occupied but with the intention of doing a correct execution.

