

both feet are on the ground; hands go all the way back behind their head. The first way to do a throw-in is the feet are planted and hands go all the way back and then forward. Now we'll have him do a running around where it's the same technique with the arms but now he takes a step up. The keys to this are that the ball has to go behind his head and then in front, as well as his feet have to stay on the ground. All throw-ins his feet need to remain on the ground.



Now, on an improper throw-in the player's foot comes off the ground. That would be a foul throw-in and the ball would go to the other team. On a standing throw-in when the ball does not go all the way behind his head, and he just throws it from above his head, that would be a foul throw. While this is the actual technique of doing a throw-in there are important pieces when doing a throw-in. Throw-ins, when the ball goes over the touch

line, are chances to maintain possession for your team or to go forward. But if you are going to maintain possession you don't want to bounce it. If he bounces it to his teammate now it's hard for him to control because it's bouncing up and he has to read where it's going to bounce and if you have a player on your back defending you it makes it that much more difficult to receive and maintain possession. What we're looking for is either throwing it into his body so either his chest or his thigh can control it and play. Or, he can throw it to his feet and he controls it right away and can play. So anything into the body or feet is what you are looking for as a player so we're watching our players because we want to maintain possession out of that.

CHAPTER 9 - DEFENSE

DAVID COSTA: We're going to focus a little bit now on defending, the principles of defending one versus one players, trying to stand players up and make play predictable without allowing players to beat us one versus one. Tackling is one of the last things we are looking to do. We are trying to force play and make things simple on our team.

I'm going to show a quick demo with this player. As he is dribbling at me I always want to take a stance where I am square on. If I stand flat like this he can go to either side of me or he can go through my legs and we don't want to give that away. We want to take a stance square on because if I go like this he can only go one direction. If he tries to go backward this way I close up on him and he's dribbling into me. By taking this stance I'm low to the ground with a bend in my knees and I'm on my toes so now as he dribbles I'm just always shuffling, trying to keep the play in front of me so now I'm trying to take possession eventually instead of tackling. By taking

possession now I allow my team to play. If I just tackle I might kick the ball out of bounds, give a corner kick or I might foul a player. So I'm trying to never slide tackle; as he's dribbling I'm always moving; if he turns and goes back I'm still moving, keeping him in front of me, instead of diving in and letting him go past me.

So in this drill we're going to have players practice their defending stance, jockeying wherever this player dribbles, they are going to try and keep him in front of them. They are not going to try and take the ball, they are just going to jockey. We're always trying to move, keeping in front of the player. So he's always sliding down, shuffling his feet. He always keeps him in front.

When I'm showing this I'm trying not to let this player get back across this foot because I have to now turn all the way around and it takes too many steps. By showing him one side and keeping him here I'm always running him into the sideline or other players. I'm moving my feet and I'm not slide tackling and going to the ground because if I do once I go to the ground and I don't get it I'm out of the play so that's why we don't slide tackle and we try and stay on our feet.



Defensive Drills

The way this drill works now is you'll make a pass down to the other player, who is the attacking line, and you are the defending line. So you begin by passing it down to him and then you close him down. The first thing we want to teach our players to do is to close players down at pace, so we want to get there as quick as we can because the quicker we get there the less territory he has going toward our goal. By getting out there quickly we close him down and we eliminate the space that he's able to get to our goal. The other piece of that is once he starts getting close he has to slow down because if he just goes flying in he pushes it by him and runs by him so we're trying to show good defending. We get out at pace; I shorten my stride and make it predictable when I get here. The key is to not let this player get back across his front foot to this goal. The way this game works is if you can get through a gate you get two points; if you win the ball as defenders and you cross the line you get one point. By doing one point for the defending team to get back across that line we're trying to get them thinking about defending and when you win the ball there is a transition from defending to offense. The same thing applies from offense to defense, when you've given up the ball you're trying to pressure and get in a good defending position right away. So by creating that transition and giving that incentive for a point they're motivated to win the ball back and not just kick it out of bounds.

The next thing we'll talk about is we've made play predictable. Now we want to show our players how to take possession. The next stage is I'm trying to get him to put his head down so now he has to make a decision. Once he puts his head down he can't look up and find other players on the field. So I have to be close enough so that when his head goes down now I'm in a

position to run him off the ball and take the ball. So I'm trying to beat him to that space. So we'll walk through it one more time. Taking possession instead of tackling; I play out, he makes his touch; I make it predictable, and now I'm slowly, slowly running him off the ball. If I can't I use the sideline to run him out of bounds. So we're looking to run players off the ball and take possession. I'm not knocking him over; I'm trying to take the ball. Don't guess, pick one side you want to make the player go and then make him go to that side. Players have to be close enough so that they can run them off the ball.

Players aren't always going to be in position to take possession but they give their team a chance to adjust and now get in good position to win the ball back. Even if you might not win the first tackle you might run him into one of your teammates who can win the ball.

The last piece we want to talk about now is if I play a ball out to him and he takes a touch and turns this is the chance for me as a defender now to close him down because he's not facing my goal. So if he has a bad touch and the ball is not in control we're trying to put him under pressure. Or, if he turns away, I'm trying to get in position now where I'm close enough to still make it predictable where I want him to go a certain way I'm not grabbing him and I'm not fouling him. I'm close to his body so he can't turn me; when he takes that touch now I'm beating him to the ball and making it go here so he can't get back to me and I'm running him out of bounds. So I'm in the position now where I'm dictating where he turns. So that's a chance to close a player down if he's facing the other way. We're trying to make him play backwards.

So one of the things this exercise does in addition to creating numerous one versus one defending opportunities is getting the technique of defending. One versus one defending is a technique. Group defending, two versus two, are more tactics. One versus one is a technique that must be done well. You can't do tactics with group defending if you can't do the technique of one versus one. The other part is that this creates numerous opportunities for attacking players to actually run with the ball. Not only are you getting defending out of your team you're getting to work on running with the ball and dribbling at players and beating opponents. So if your team is good at both of those things you are going to be a hard team to break down.