



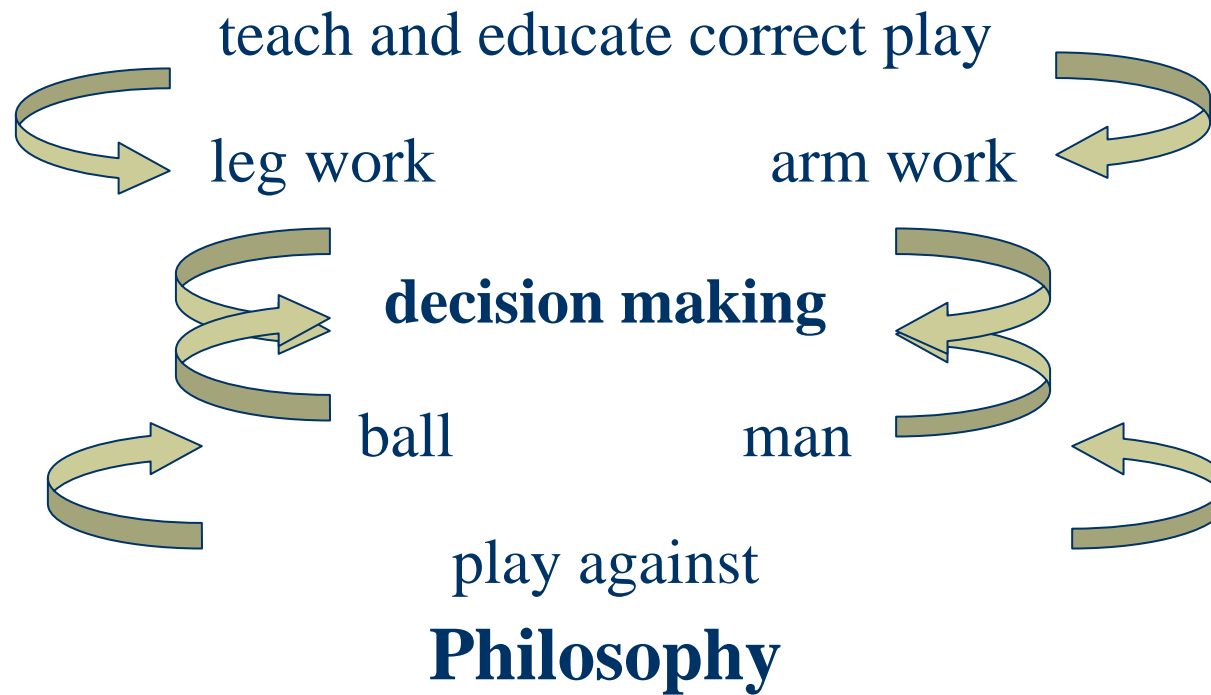
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How to train young players in defense
respecting the spirit of Fair Play

General Structure

Principle



Structural Terms

Techniques



„Playability“



Tactics



Techniques

basic position 1 – 2 (formation / point)

moves

gliding

running

screening

approach

1 – 2 (shot / 1-1)

Tactics

defense idea

formations (ball-focused)

open or trap

3-2-1, 5-1, 4-2, 6-0

mixed

5+1, 4+2, 3-3

closed or wall

formations (man- focused)

6-0, 5-1, 3-1-2



Pedagogic Issues

Teaching: competence and know-how

Education: respect and acceptance

Fair Play: fouls only in case of emergency
acceptance of consequences

Leadership: clear tasks
clear orders
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