



Defensive Team Shape

4-3-3 defensive keys

- **Mentality**
 - “on edge”
- **High Pressure**
 - Compact around the ball
 - Compact front to back (35-40 yards)
- **Team Defending**
 - Funnel everything outside, trap the next pass then counter
 - Keep ball wide (defensive ½ of the field)
 - Any time the ball is passed through your “line” you must turn and apply back pressure
- **Must Shift As A Unit**
 - Quick
 - Concise

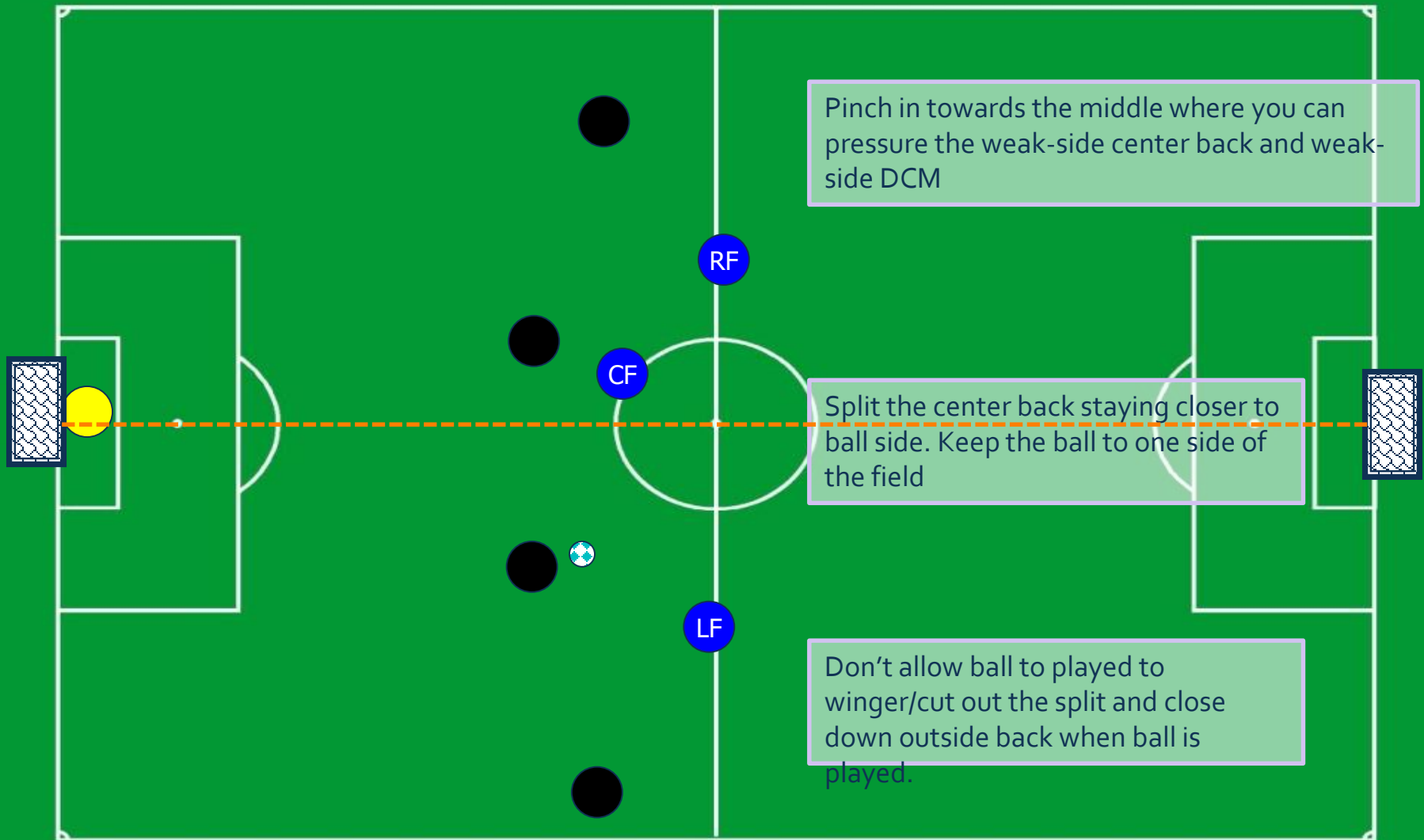
Visual Cues Leading To Press

- Once the ball is played from center areas of field to wider areas
- Facing their own goal
- Head down
- Bad touch
- Soft pass or backwards pass
- Bouncing ball

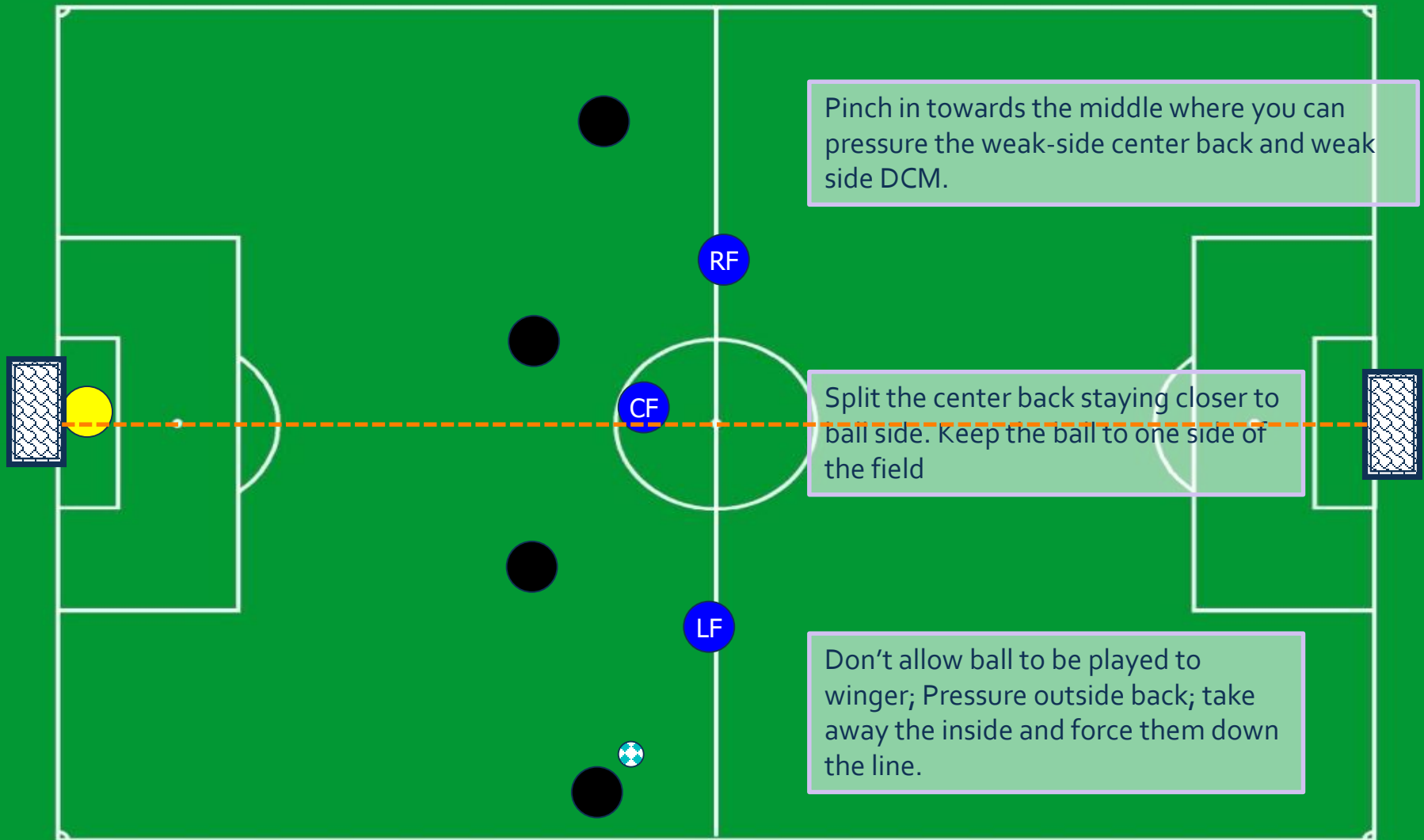
Team shape when defending



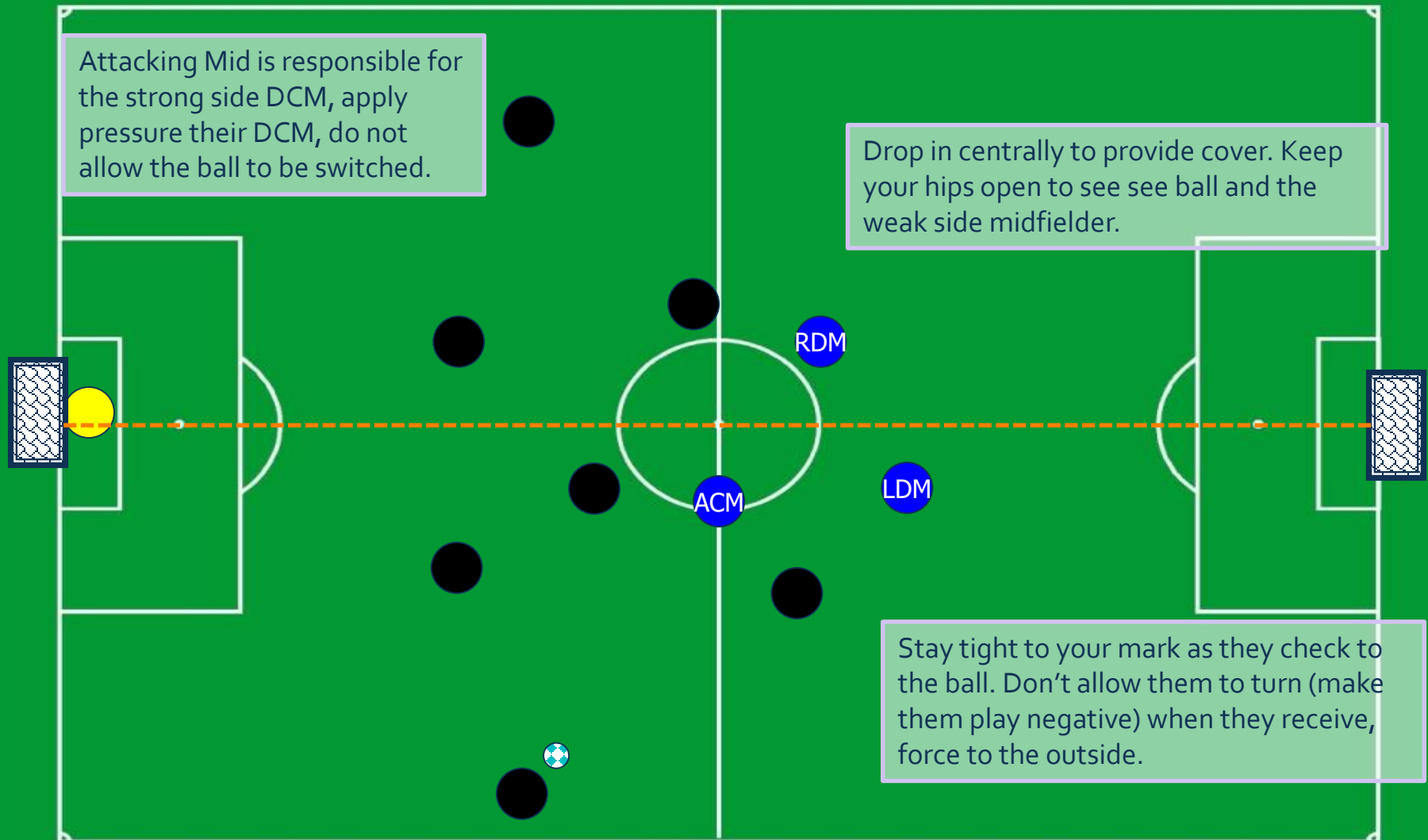
Front 3 shape when defending



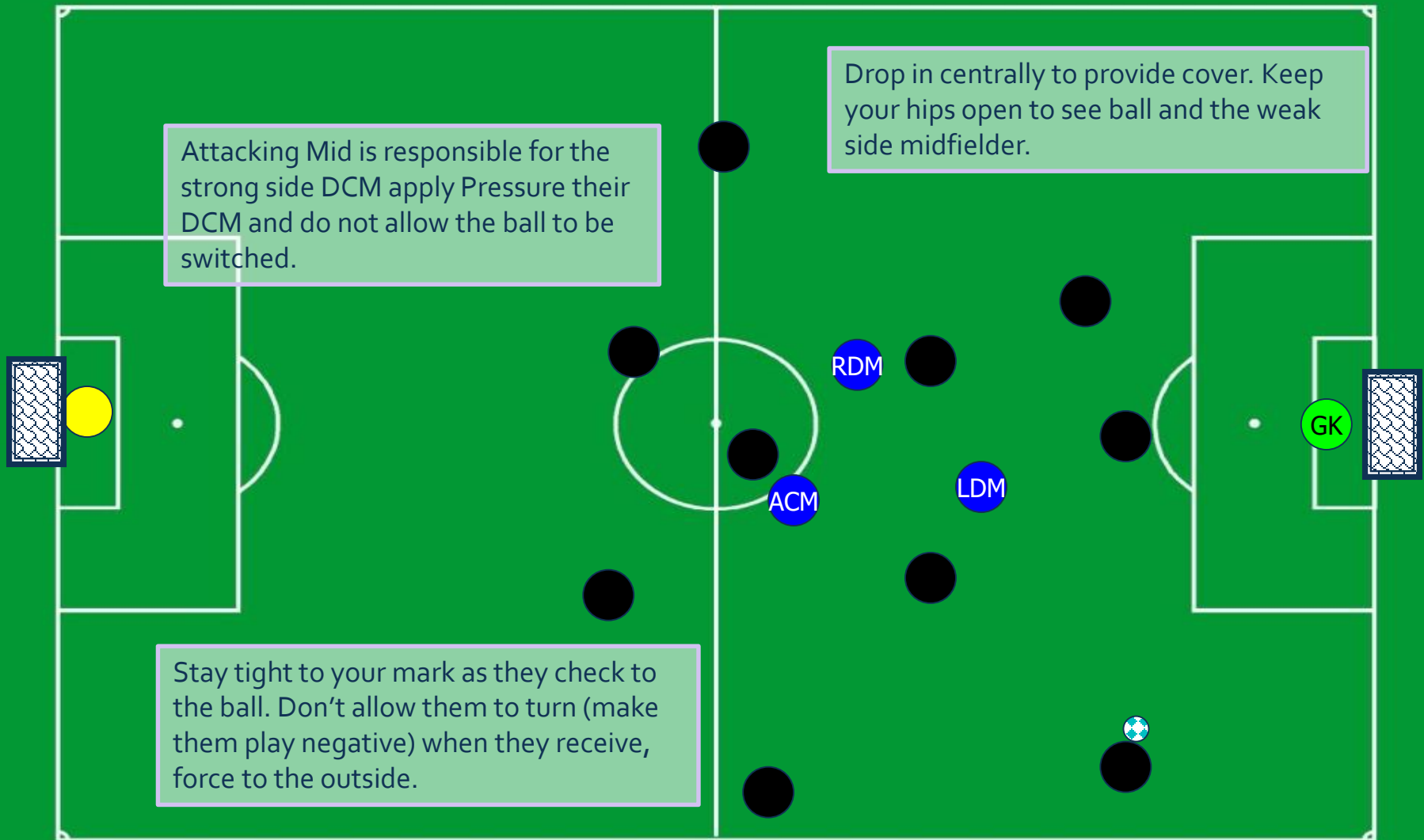
Front 3 shape when defending



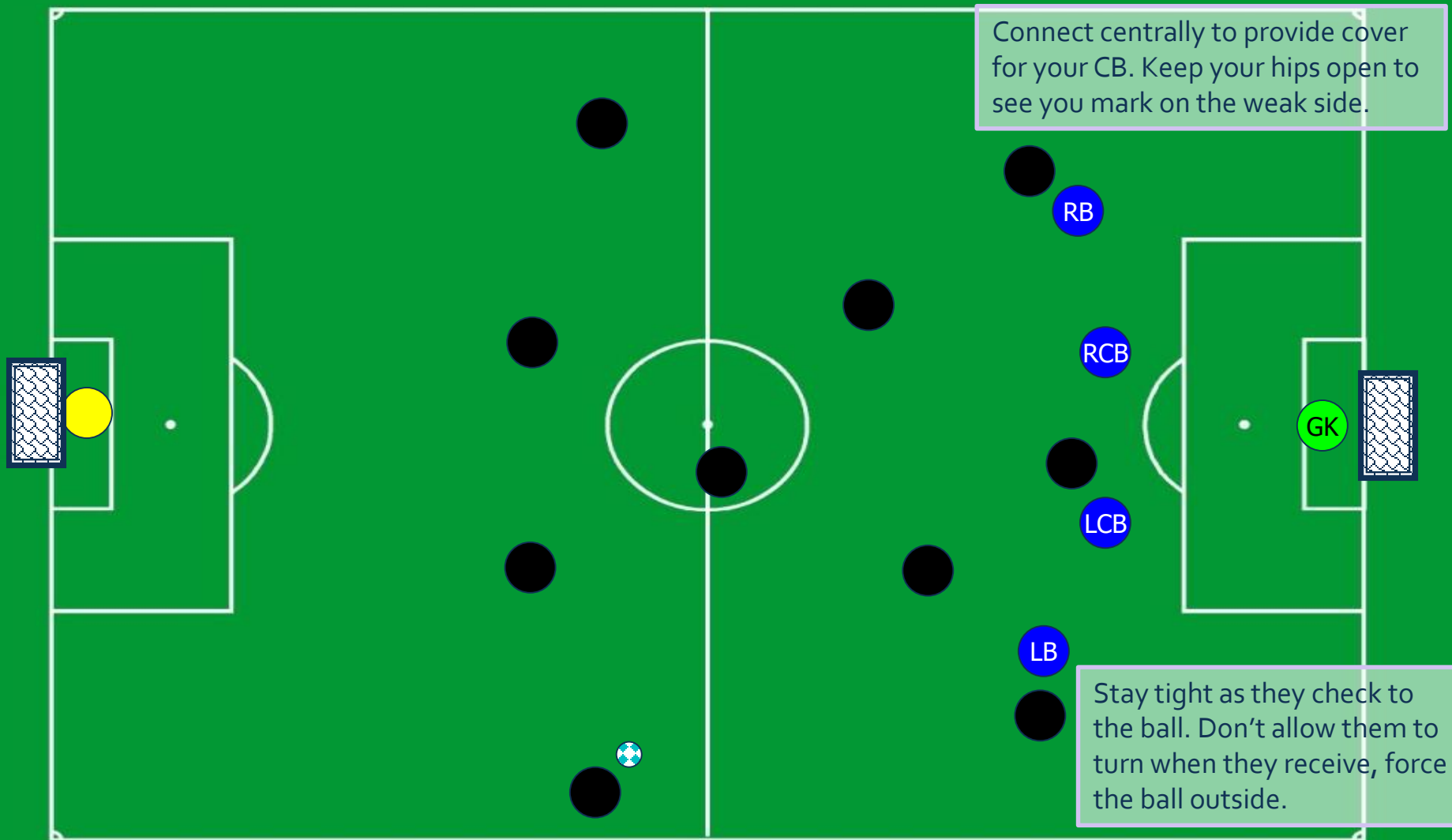
CM's shape when defending



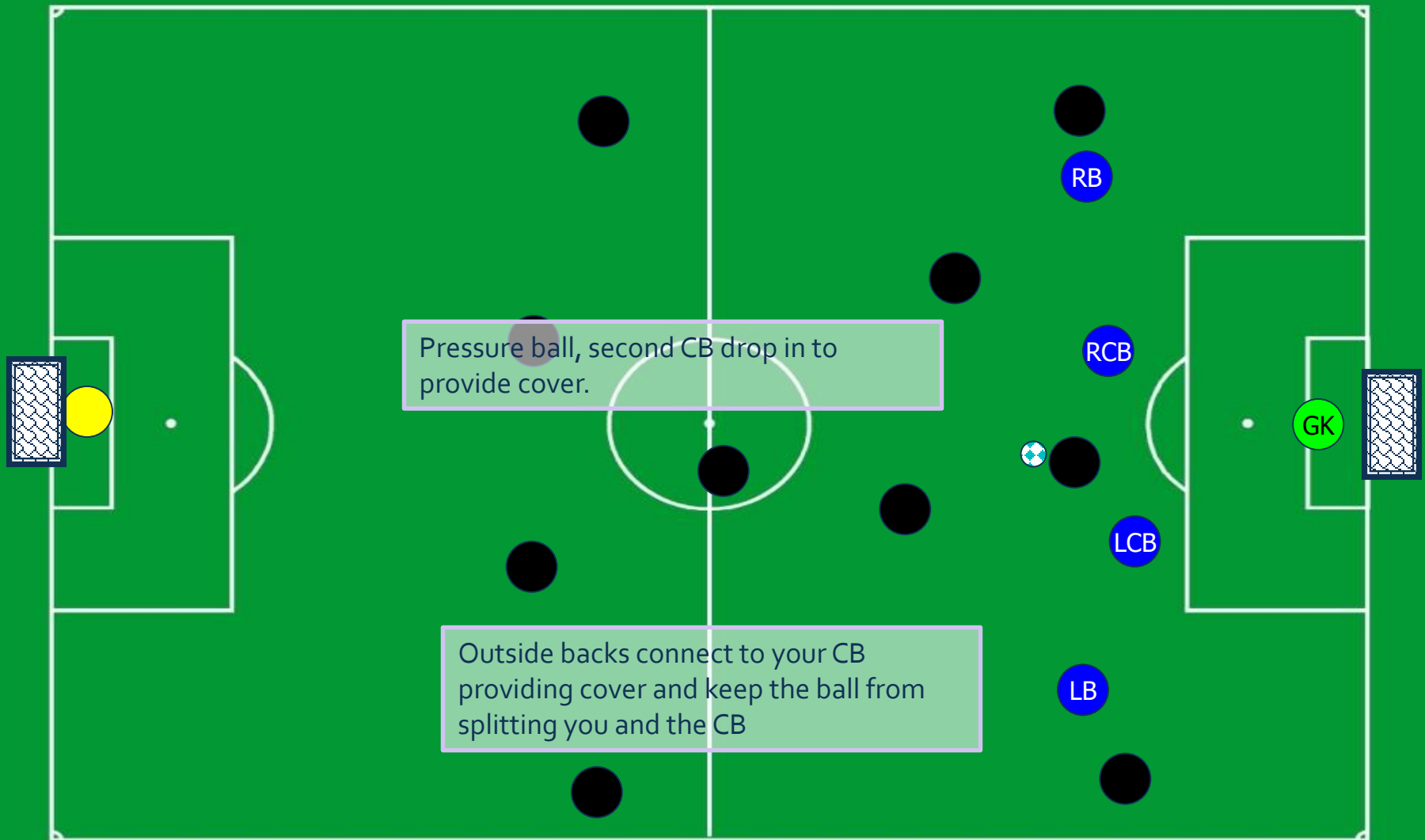
CM's shape when defending



Back-line shape when defending

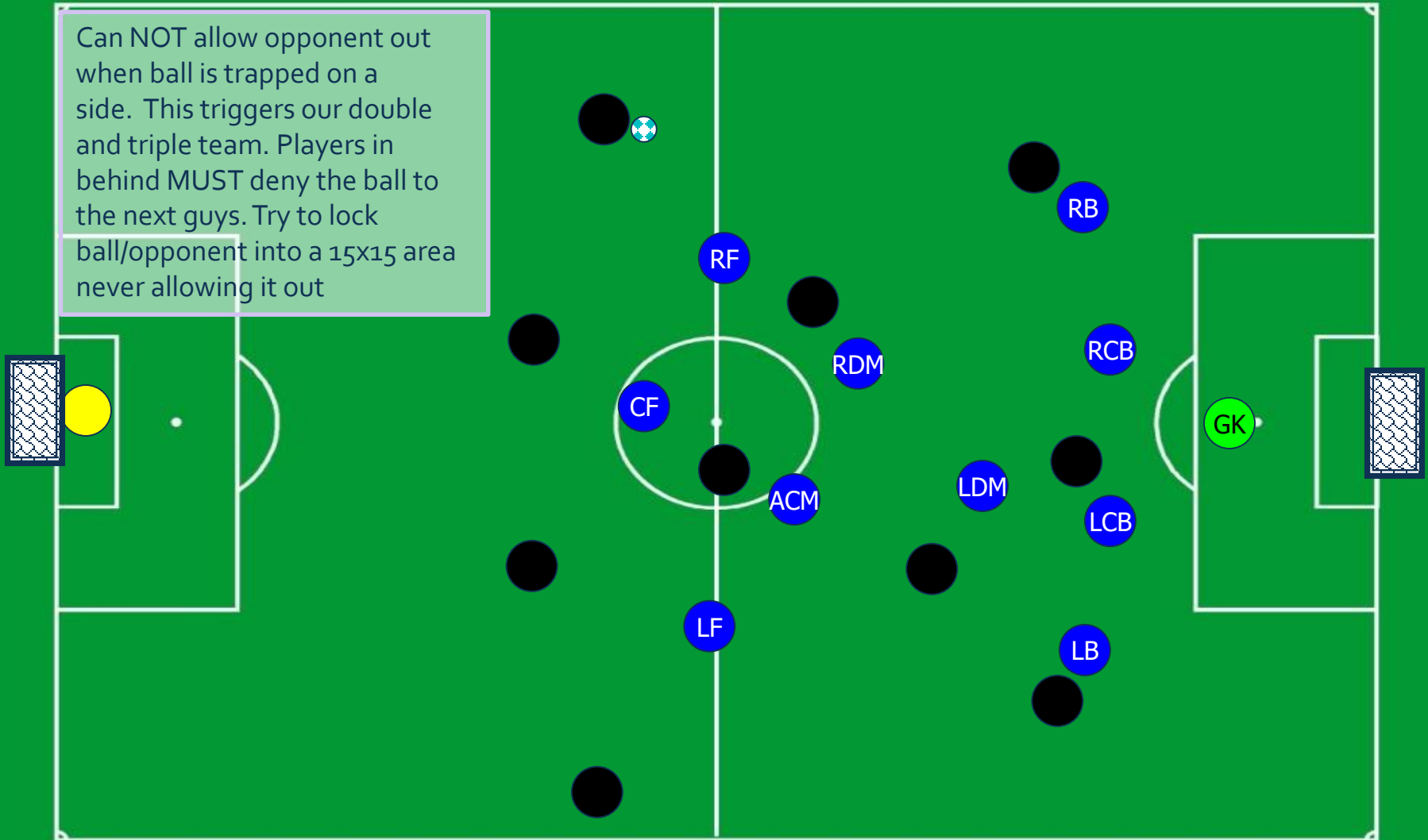


Back-line shape when defending



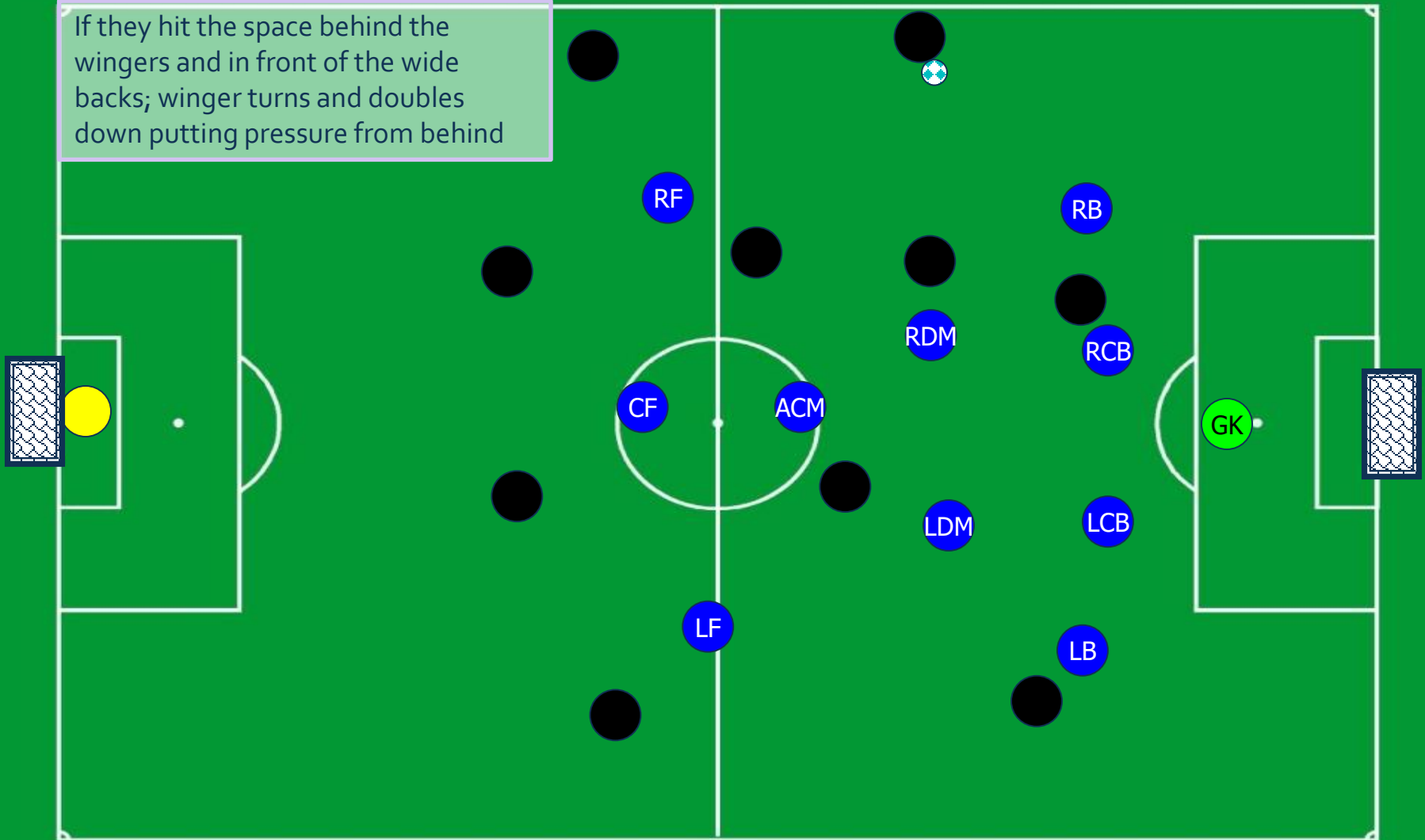
Team shape when defending

Can NOT allow opponent out when ball is trapped on a side. This triggers our double and triple team. Players in behind MUST deny the ball to the next guys. Try to lock ball/opponent into a 15x15 area never allowing it out



Team shape when defending

If they hit the space behind the wingers and in front of the wide backs; winger turns and doubles down putting pressure from behind



Team shape when defending

Again, any time the ball is played through your line; turn double down putting pressure from behind.

