

Contents:

| No. | Name | Players | Difficulty level | Page |
|--|--|---------|------------------|------|
| Category: Individual basics | | | | |
| 1. General exercises on legwork and basic defense movements | | | | |
| 1 | Basic defense training with ropes | 4 | | 6 |
| 2 | Goalkeeper warm-up shooting with defense legwork | 8 | | 7 |
| 3 | Actively stepping forward towards the ball holder 3-on-4 | 2 | | 9 |
| 4 | Reaction training with actively stepping forward towards the ball holder | 8 | | 10 |
| 5 | Stepping forward and moving backward during the goalkeeper warm-up shooting | 8 | | 12 |
| 6 | Stepping forward and moving backward on the left/right back positions | 8 | | 13 |
| 2. Exercises on physical contact | | | | |
| 7 | Pushing attacking players out of the 6-meter zone/Preventing a breakthrough | 8 | | 14 |
| 8 | Preventing an attacking player from breaking through 2-on-1 | 8 | | 16 |
| 9 | Preventing an attacking player from breaking through 3-on-1 or 2-on-1 | 8 | | 17 |
| 3. 1-on-1 defense play | | | | |
| 10 | Ball familiarization 1-on-1 | 3 | | 19 |
| 11 | Basic movements and 1-on-1 | 3 | | 20 |
| 12 | 1-on-1 exercise with fast adjustment and without a ball | 9 | | 21 |
| 13 | 1-on-1 exercise with fast adjustment and without a ball 2 | 9 | | 22 |
| 14 | 4 times 1-on-1 | 8 | | 23 |
| 15 | 1-on-1 with a preparatory exercise | 8 | | 24 |
| 16 | Several 1-on-1 actions in a row | 8 | | 25 |
| 17 | Continuous 1-on-1 exercise with fast adjustment | 10 | | 27 |
| 18 | 1-on-1 following a preparatory athletics exercise | 10 | | 28 |
| 4. Covering the pivot | | | | |
| 19 | Covering the pivot | 6 | | 30 |
| 20 | Playing outside and inside a circle and covering the pivot | 9 | | 31 |
| 21 | Shielding off the pivot | 8 | | 32 |
| 22 | 1-on-1 and shielding off the pivot | 12 | | 33 |
| 23 | Basic movements, 1-on-1, and covering the pivot on the left and right back positions | 8 | | 34 |

| No. | Name | Players | Difficulty level | Page |
|---|--|---------|------------------|------|
| 5. Blocking in agreement with the goalkeeper | | | | |
| 24a | Blocking the throwing hand goal corner while moving | 10 | | 36 |
| 24b | Blocking the short goal corner while moving | 10 | | 37 |
| 25 | Blocking following a 1-on-1 action | 10 | | 38 |
| 26 | Blocking after a 1-on-1 action with the attacking players crossing | 10 | | 39 |
| 27a | Blocking in agreement with the goalkeeper | 10 | | 40 |
| 27b | Blocking in agreement with the goalkeeper | 10 | | 41 |

| | | | | |
|--|--|---|--|----|
| 6. Active wing position defense | | | | |
| 28 | Pressing on the wing positions | 8 | | 43 |
| 29 | Active wing player on the opposite side | 8 | | 44 |
| 30 | Pressing on the wing positions and active wing player on the opposite side | 8 | | 45 |
| 31 | 1-on-1 pressing on the wing positions | 9 | | 46 |
| 32 | Defending 1-on-2 on the wing positions | 8 | | 47 |

Category: Small group work

| | | | | |
|---|-------------------------------|----|--|----|
| 1. Cooperation across the width of defense | | | | |
| 33 | 2-on-2 with quick switching | 6 | | 48 |
| 34 | 3-on-3 | 10 | | 50 |
| 35 | 3-on-3 switch game | 9 | | 52 |
| 36 | 1-on-1 and 2-on-2 combination | 7 | | 53 |
| 37 | 2-on-2 with fast adjustment | 7 | | 55 |

| | | | | |
|---|---|----|--|----|
| 2. Cooperation throughout the depth of defense | | | | |
| 38 | 2-on-2 – Defense against back position player and pivot | 8 | | 56 |
| 39 | 2-on-2 defense against the Russian screen in two variants | 9 | | 57 |
| 40 | 1-on-1 and 2-on-2 throughout the depth of defense | 10 | | 58 |
| 41 | Defending against the wing position and back position players, and the pivot 3-on-3 | 10 | | 60 |

Category: Team cooperation

| | | | | |
|-----------------------|--|----|--|----|
| 1. 6-0 defense | | | | |
| 42 | 5-on-5 – Defending and supporting 1-on-1 | 11 | | 61 |
| 43 | Defending against the pivot in the center block (outnumbered defense) | 9 | | 62 |
| 44 | Defending in the center block of a defensively acting 6-0 defense system | 13 | | 64 |

| No. | Name | Players | Difficulty level | Page |
|-----|--|---------|------------------|------|
| 45 | Defending in the center block of an offensively acting 6-0 defense system | 11 | | 65 |
| 46a | Defending on the wing positions of an offensively acting 6-0 defense system – preparatory exercise | 10 | | 67 |
| 46b | Defending on the wing positions of an offensively acting 6-0 defense system – main exercise | 10 | | 70 |
| 47 | Defending in an offensively acting 6-0 defense system – Combination of exercises 45, 46a, and 46b | 11 | | 72 |

2. 5-1 defense

| | | | | |
|----|--|----|--|----|
| 48 | Defending on the center front position of a 5-1 defense system | 8 | | 73 |
| 49 | Defending in the center block of a 5-1 defense system | 11 | | 74 |
| 50 | 5-1 defense system with offensively acting wing player on the opposite side in a 5-on-5 game | 11 | | 76 |
| 51 | 5-1 defense with offensively acting wing player on the opposite side in a 6-on-6 game | 13 | | 78 |

3. 3-2-1 defense

| | | | | |
|----|--|----|--|----|
| 52 | Preparatory exercise for the 3-2-1 defense system in a 3-on-3 game | 10 | | 79 |
| 53 | Preparatory exercise for the 3-2-1 defense system in a 4-on-4 game | 8 | | 80 |
| 54 | Preparatory exercise – Switching to a 4-2 defense system | 12 | | 81 |
| 55 | 3-2-1 defense with switching to a 4-2 system due to a second pivot | 13 | | 82 |
| 56 | 3-2-1 defense without switching to a 4-2 system despite a second pivot – preparatory 3-on-3 exercise | 11 | | 84 |
| 57 | 3-2-1 defense without switching to a 4-2 system despite a second pivot – 4-on-4 | 9 | | 85 |

4. 4-2 defense

| | | | | |
|----|---|----|--|----|
| 58 | Movement paths of the defense front row | 10 | | 87 |
| 59 | Movement paths of the defense front row and the offensively acting wing player on the opposite side | 10 | | 88 |
| 60 | 4-2 team defense | 13 | | 89 |

Editor's note

Further reference books published by DV Concept