



DEFENSIVE

PLAY



The South African Football Philosophy:

DEFENSIVE PLAY

- *Compact but flexible organization/systems with distance between players of 8 – 12m*
- *Team shifts towards the ball action to slow down attacks and regroup.*



The South African Football Philosophy:

DEFENSIVE PLAY

- *Collective team effort to regain possession by sustained pressure on the ball by 4-5 players to neutralize/dispossess as high up the pitch as possible.*
- *Use mini defensive units of 2-3 players to pressurise and dispossess the opposition's most influential/creative players when on the ball.*



The South African Football Philosophy:

DEFENSIVE PLAY

Rapid repositioning (triangles).

Consistently pressing high.

Controlled aggressiveness –” a no foul mentality”.



The South African Football Philosophy:

DEFENSIVE PLAY

- *Defensive anticipation.*
- *Decisive Goalkeeper to act as defence' support player with good distribution.*
- *Defenders good in 1v1, ground and in air.*