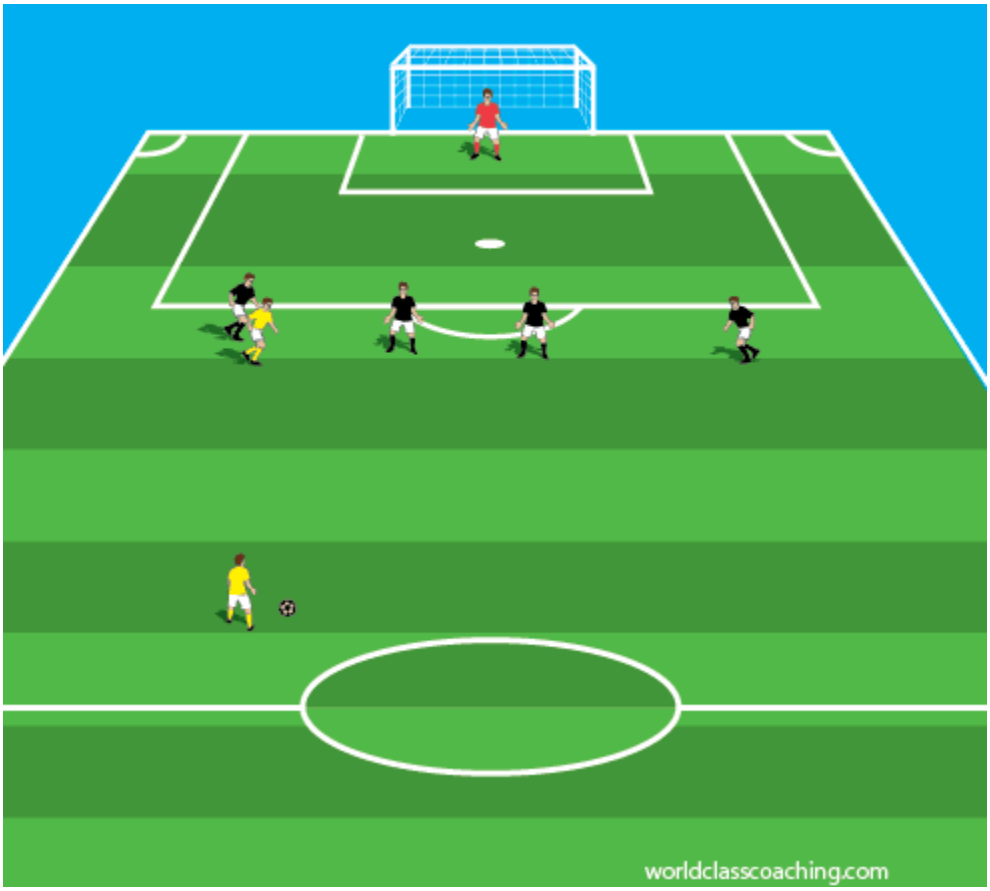
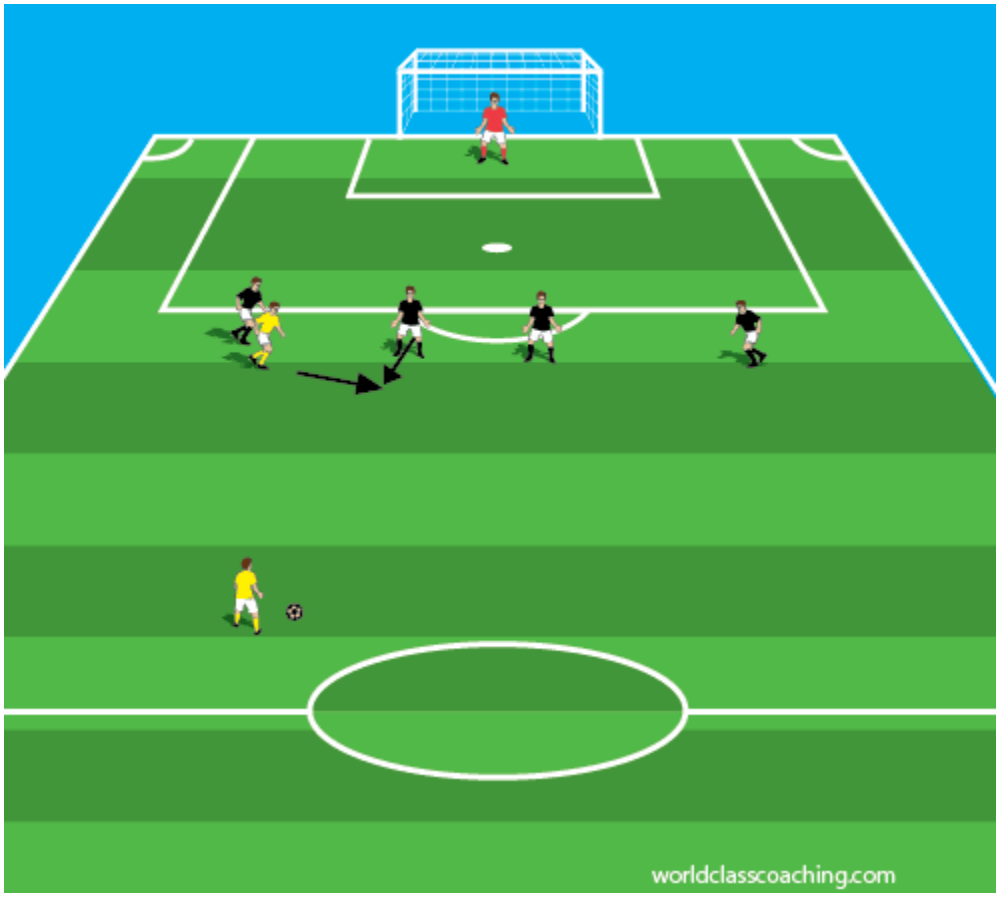
Center Backs Marking

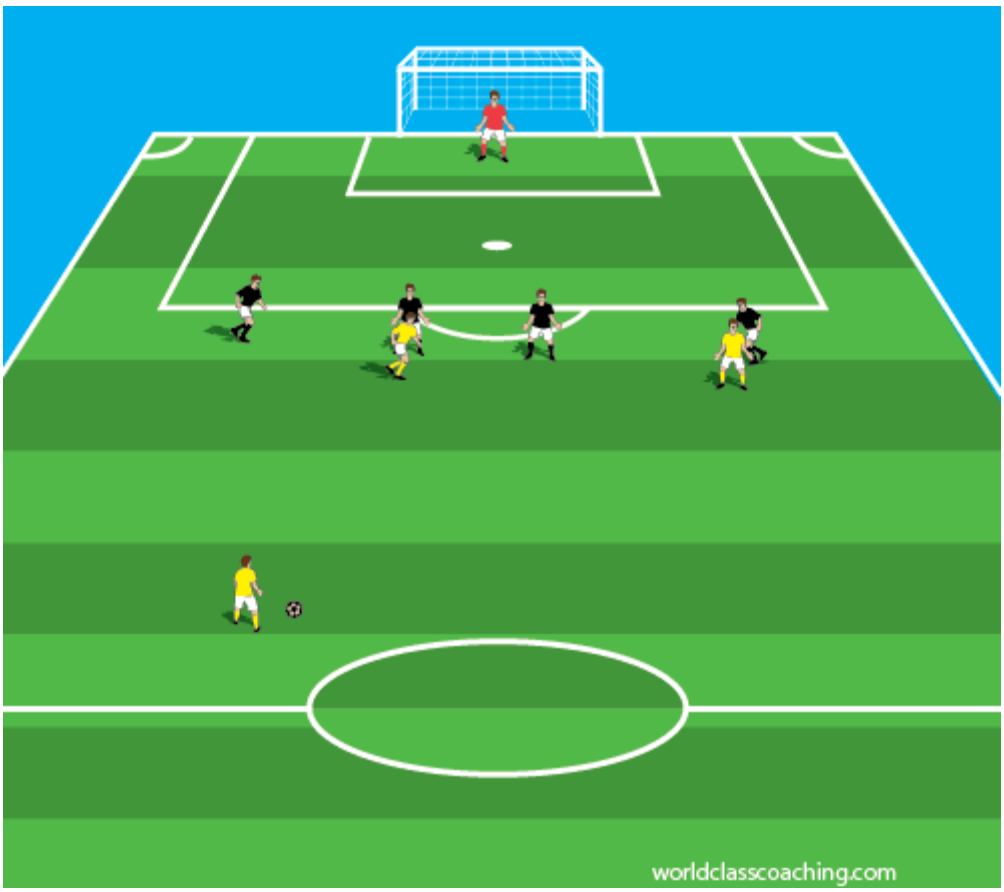
When playing zonally in back teams frequently do a good job of making sure the furthest player down field is marked.



Even when the attacking player crosses the field, they are able to understand the importance of switching off and making sure this player is marked.



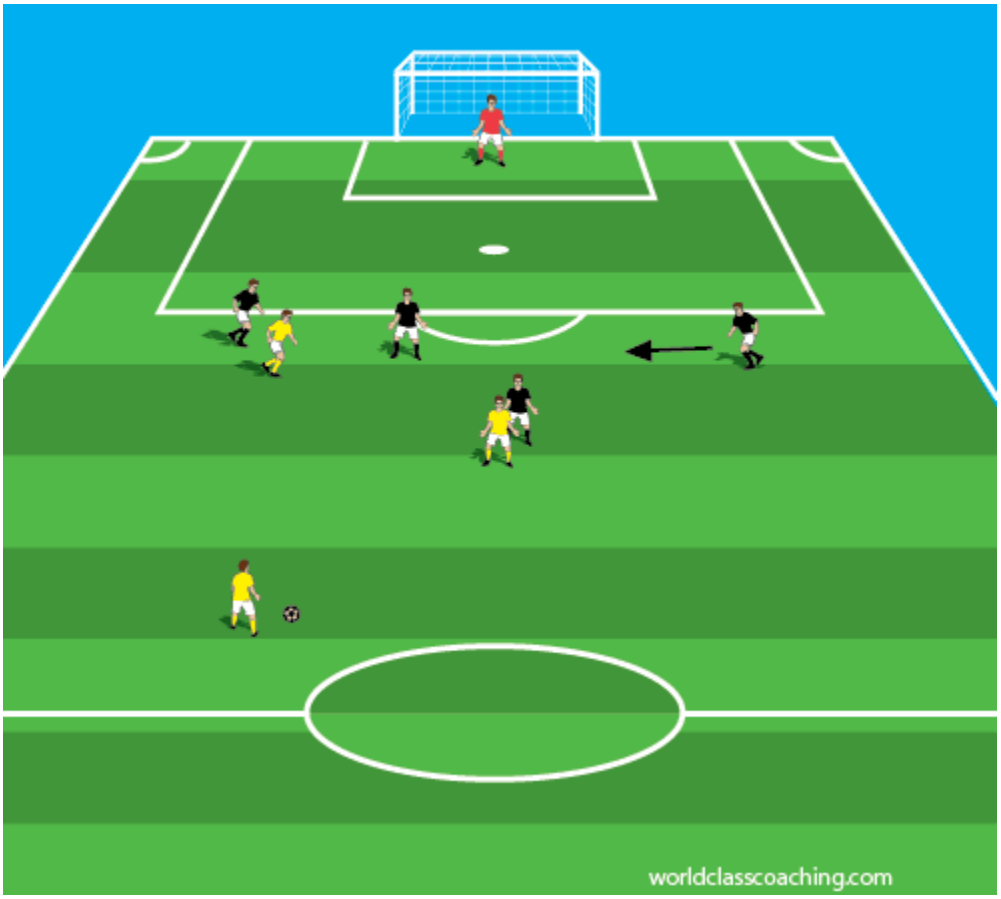
If there are two players pushed up far, they find that easy to mark as well



The thing many teams find more complicated is if one of the forwards plays in a more recessed position

The thing they have to keep in mind is in this situation, one of the center backs must step forward to make sure the recessed player is marked.

When the center back steps forward, the outside back would then shift more toward the middle to provide support/coverage



This requires the backs to communicate effectively amongst each other to know which center back steps forward, which stays back and where should the other backs slide.

Too often, players think of zonal defending as very static but not only does it require sliding side to side, but backs must step up (and back) to make sure all players are marked.

Any questions, comments or suggestions should be sent to Lawrence@finesoccer.com or they can be posted on the FineSoccer Forum

To subscribe to any of the FineSoccer Newsletters please click here