

Another gem from Gary Rue, a high school coach from Frankfort, Kentucky and a frequent contributor to the soccer-coach e-mail list

### Defensive Commandments

Defensive commandments come into force as soon as possession is lost

- Thou shalt get behind the ball--recovery into a defensive position is the first priority.
- Thou shalt pressure ball but not get beaten by the attacker with ball--slow down or stop the attacker with ball and force into a more predictable and controllable situation.
- Thou shalt support the player pressuring ball or other supporting defenders--depending upon defensive positioning in relation to ball and teammates; spacing is critical.
- Thou shalt not allow any through balls to get behind the defense by taking away passing angles--this is the key to off-ball defending.
- Thou shalt identify and mark ball side the most dangerously positioned off-ball attackers.
- Thou shalt look to apply double-team pressure to the ball when available.
- Thou shalt compress the attackers away from the goal when possible by moving towards ball while still maintaining defensive depth behind ball.