

2010 NSCAA Convention Clinic Outline Book

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Position Training

The position of central defenders unite in the modern football match beside the known central defensive duties in addition to a varied offensive requirement profile. Central defenders are not called free of charge the "best players" from the back four and therefore, position training is important and rich in variation.

The training examples carried out in practice for the central defender position are briefly listed here:

Specific warm-up occurs with pass play. Examples in the action rooms of the central defenders.

Moreover, the short and ample pass game (construction game), the control of level and high passes, the defensive header as well as the volley (also known as a diagonal ball or wing) are important.

Next, the group tactical demands indicated in the training examples: the frontal 1:1 behavior (short and wide distances); the doubles with the external midfield player and the defensive midfield players.

In the final part, training examples are introduced within the scope of the squad training under the motto "the team, the position."

The practice demonstration should be no complete training unit, but a sequence of practice examples especially created for the game position of central defender in the back four.

