

A portrait of Andrea Sottile, a man with dark hair and a light beard, wearing a black jacket. He is looking slightly to the right with a serious expression. The background is a blurred crowd of people in a stadium.

**ANDREA  
SOTTIL**

**THE DUEL**

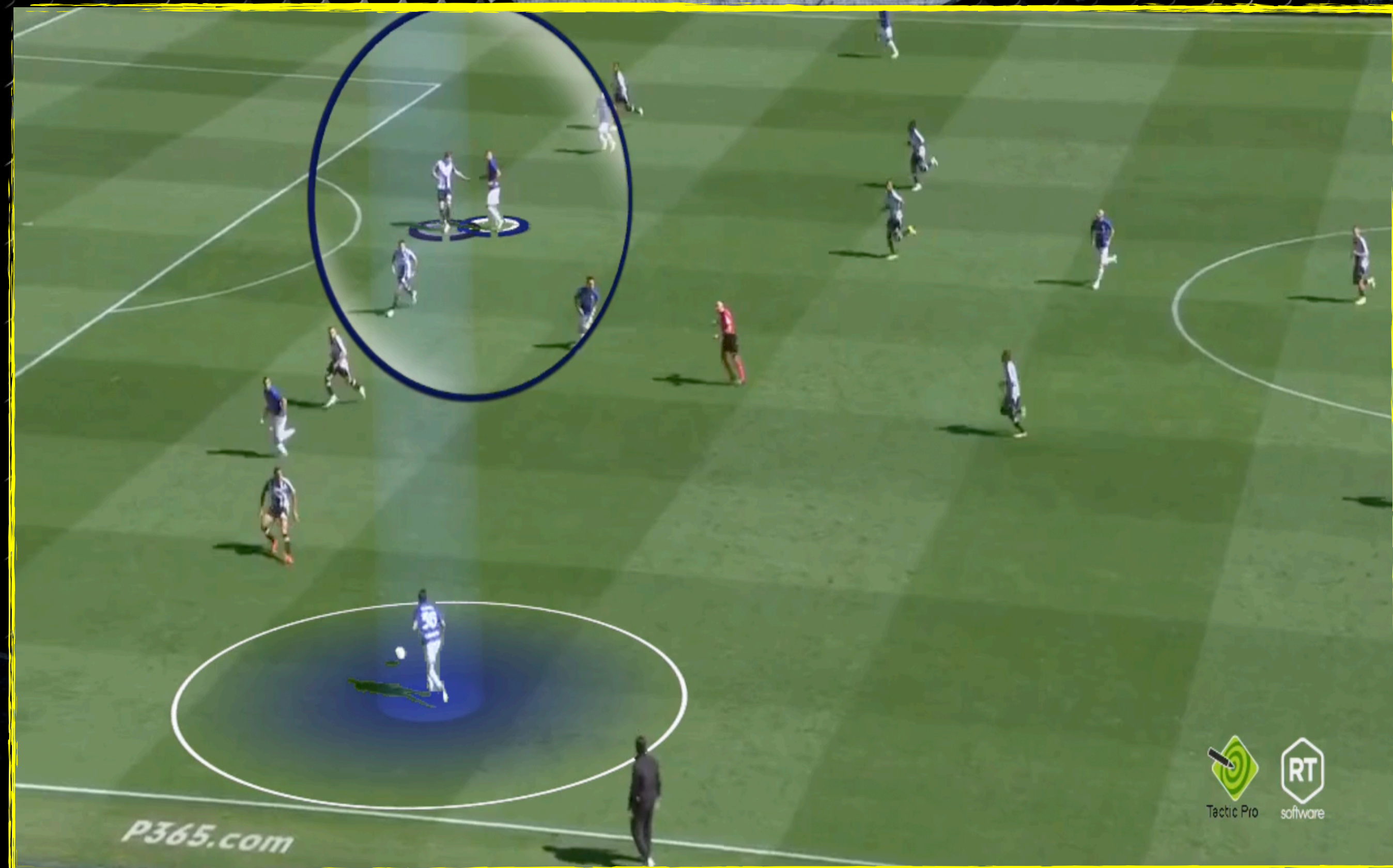


# THE DUEL - 1V1

- In the one-on-one analysis, we must consider whether the forward has the ball or not. This aspect is important and determines the correct marking.
- Marking: it means positioning oneself in relation to an opponent without the ball.



# THE DUEL - 1V1





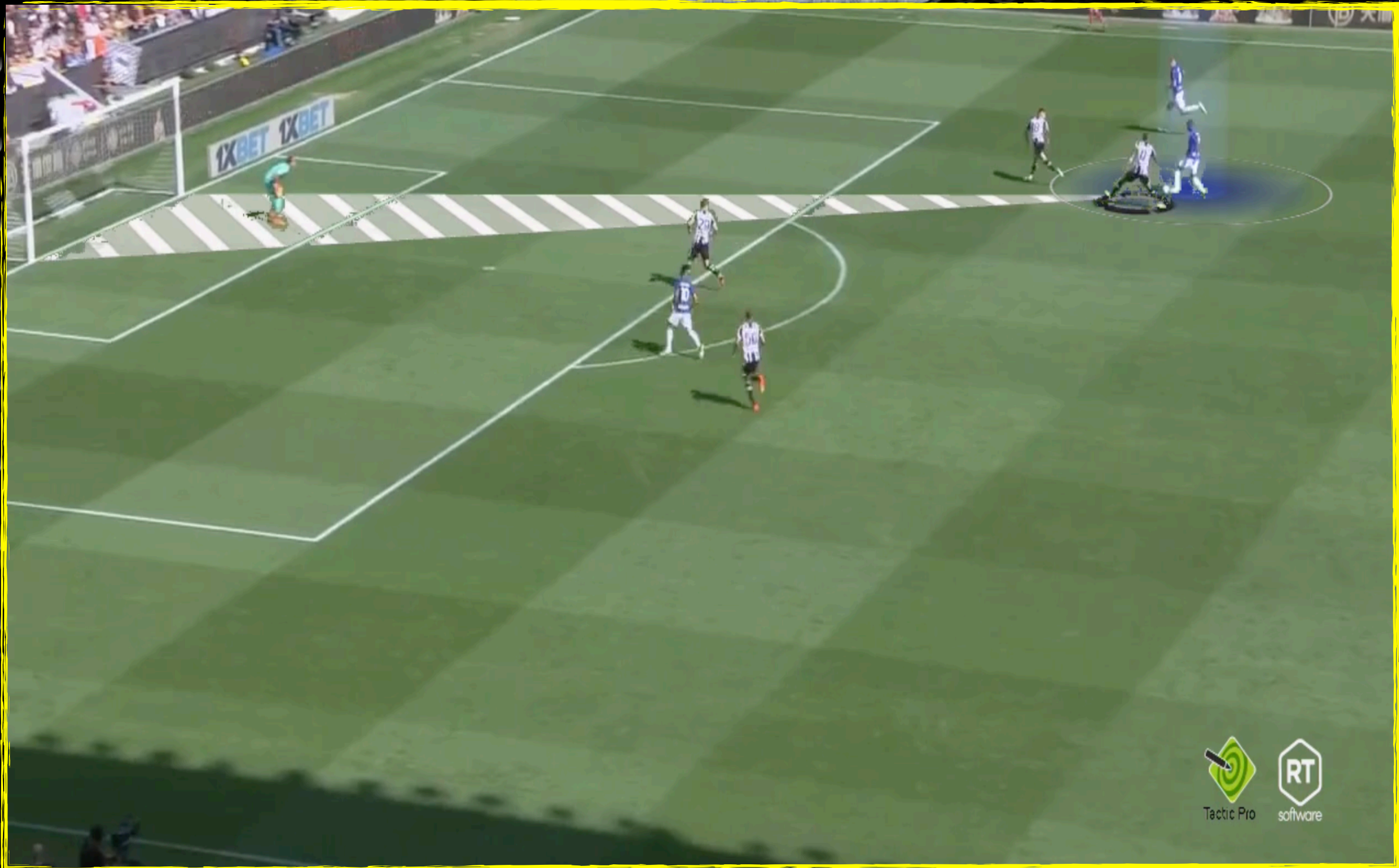
# THE DUEL - 1V1

There are two types of marking:

i) Defending the Goal: The defender positions himself on the ball-goal line. This position rarely allows anticipation, and, in case of danger, it can slow down the opponent's play, inviting the forward to receive the ball with his foot or in an area outside the pitch.



# MARKING - DEFENDING THE GOAL





# THE DUEL - 1V1

There are two types of marking

ii) Recovering the Ball: The defender stands near the ball's longitudinal line instead of the goal line. This positioning allows many anticipation possibilities without weakening the space defence.



# MARKING - RECOVERING THE BALL



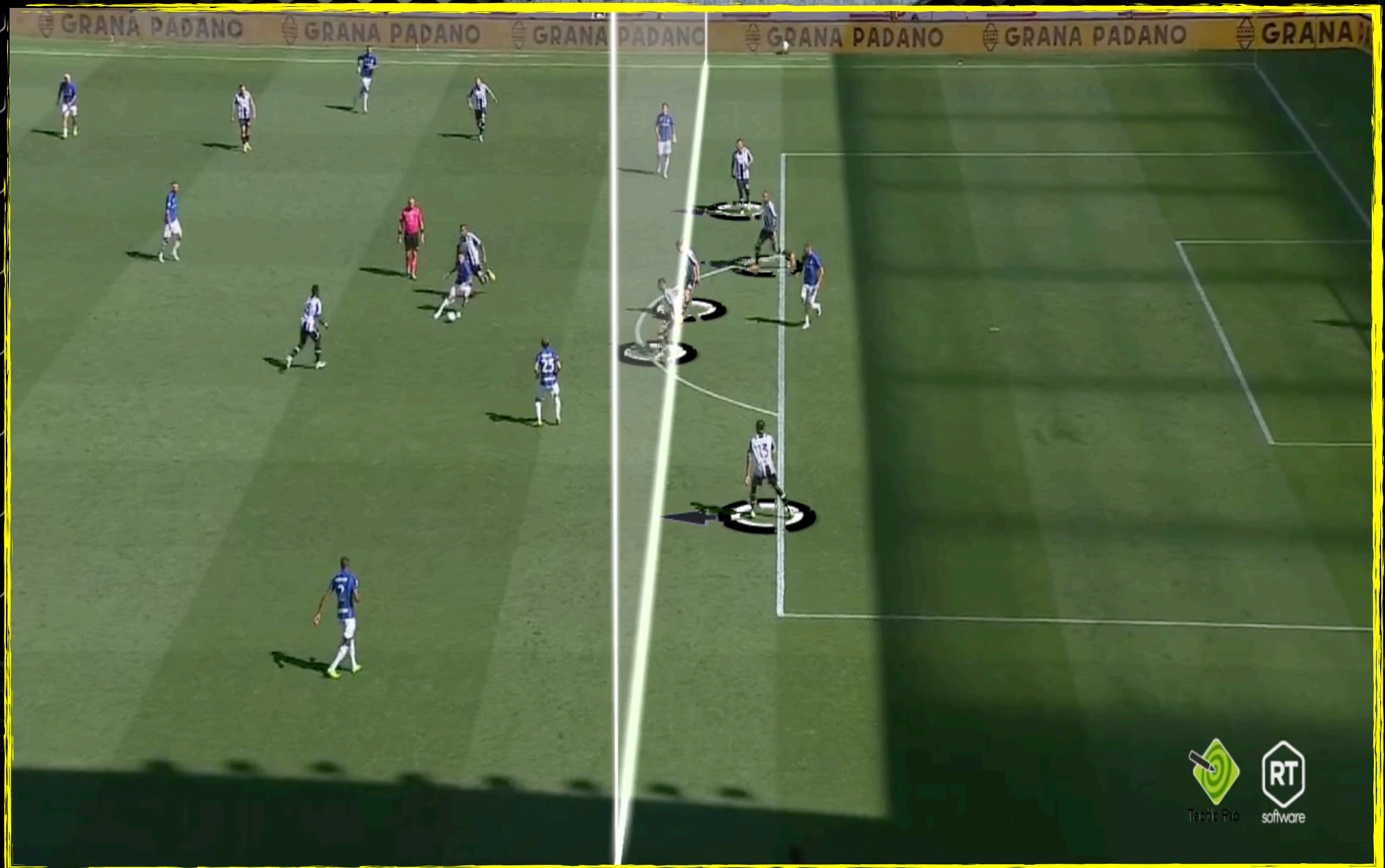


# **TACTICAL PRINCIPLES OF INDIVIDUAL DEFENSIVE ACTION**

- **If the defender has defended the depth and the pass has not been executed, he must move forward again: either to trap the forward who has penetrated the depth in an offside position, or to shorten the distance to the forward if he has become available to receive the ball.**



# MOVE FORWARD



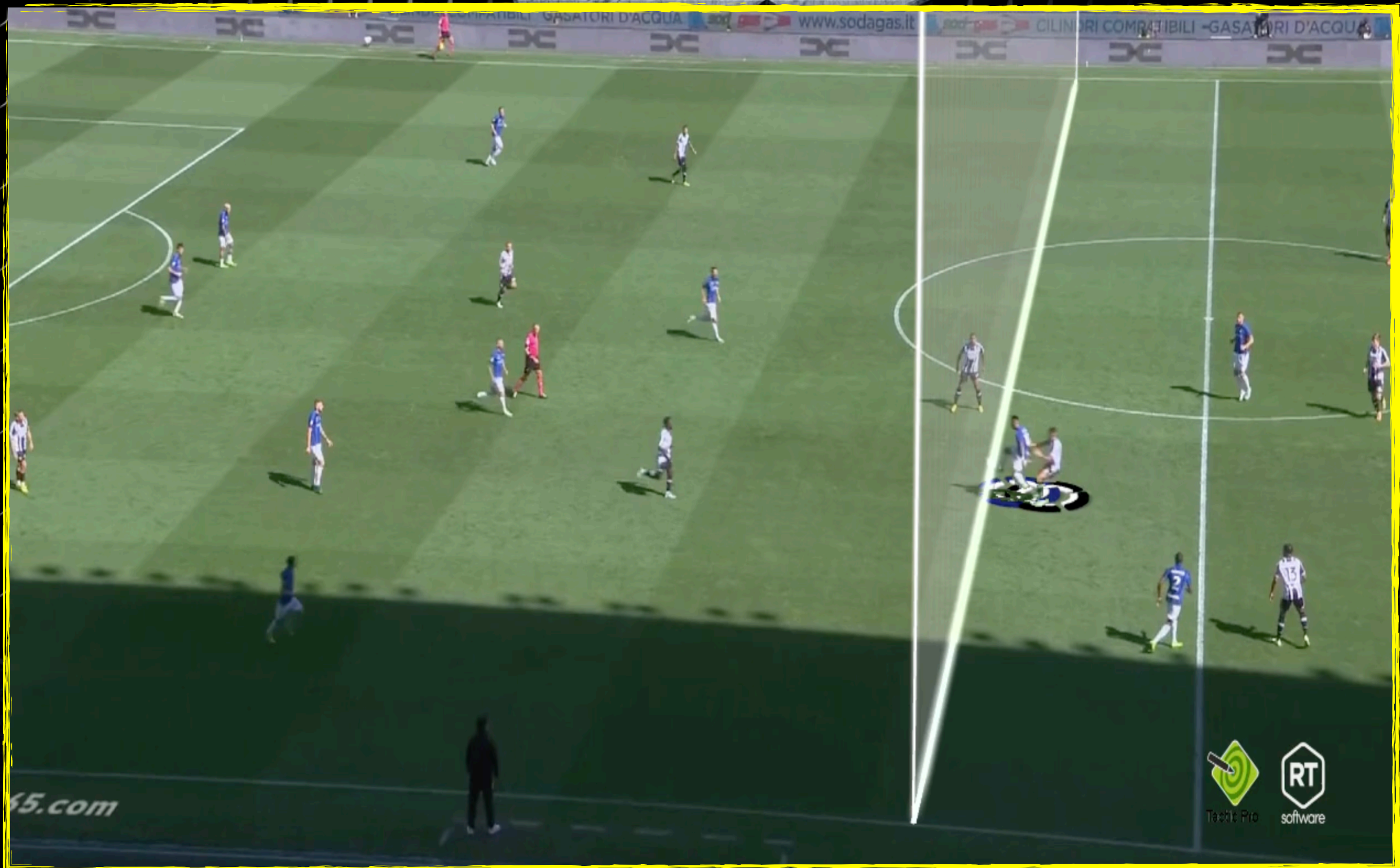


# **TACTICAL PRINCIPLES OF INDIVIDUAL DEFENSIVE ACTION**

- **If, in the movement towards the ball, the forward passes the ball line, the defender must not cross that same line.**



# DON'T GO OVER THE LINE OF THE BALL



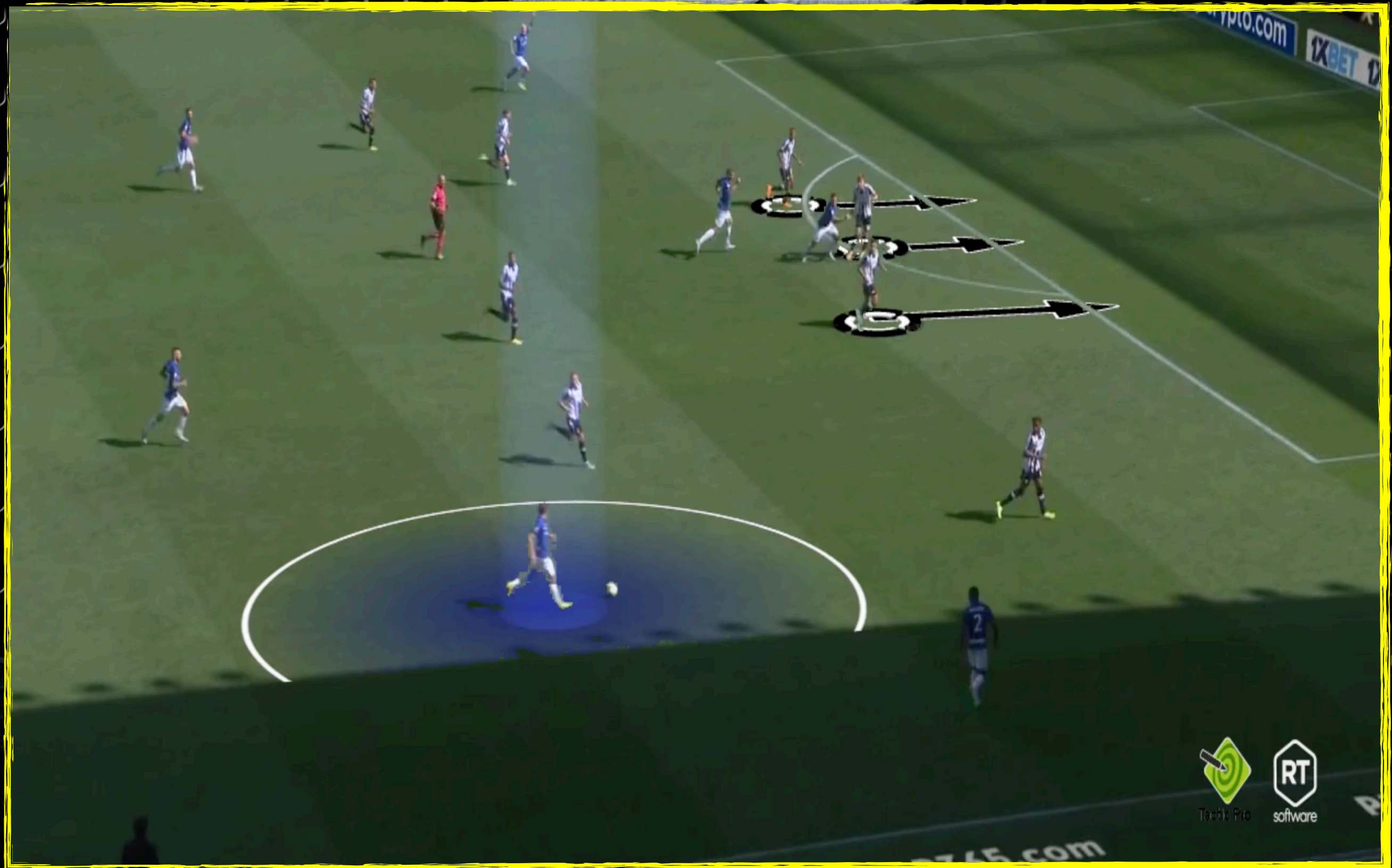


# **TACTICAL PRINCIPLES OF INDIVIDUAL DEFENSIVE ACTION**

- When standing in the marking position, the defender has two purposes:
  - 1) Defending the Depth to avoid being overtaken by the forward who moves behind him and not letting the ball get to an opponent who is already moving.
  - 2) In the duel, it is also necessary to consider the forward's behaviour when he has the ball and which pitch zone he is in: i) Opponent with the ball (his back to the goal); ii) Opponent with the ball (facing the goal, static); iii) Opponent with the ball (driving the ball towards the goal at speed).

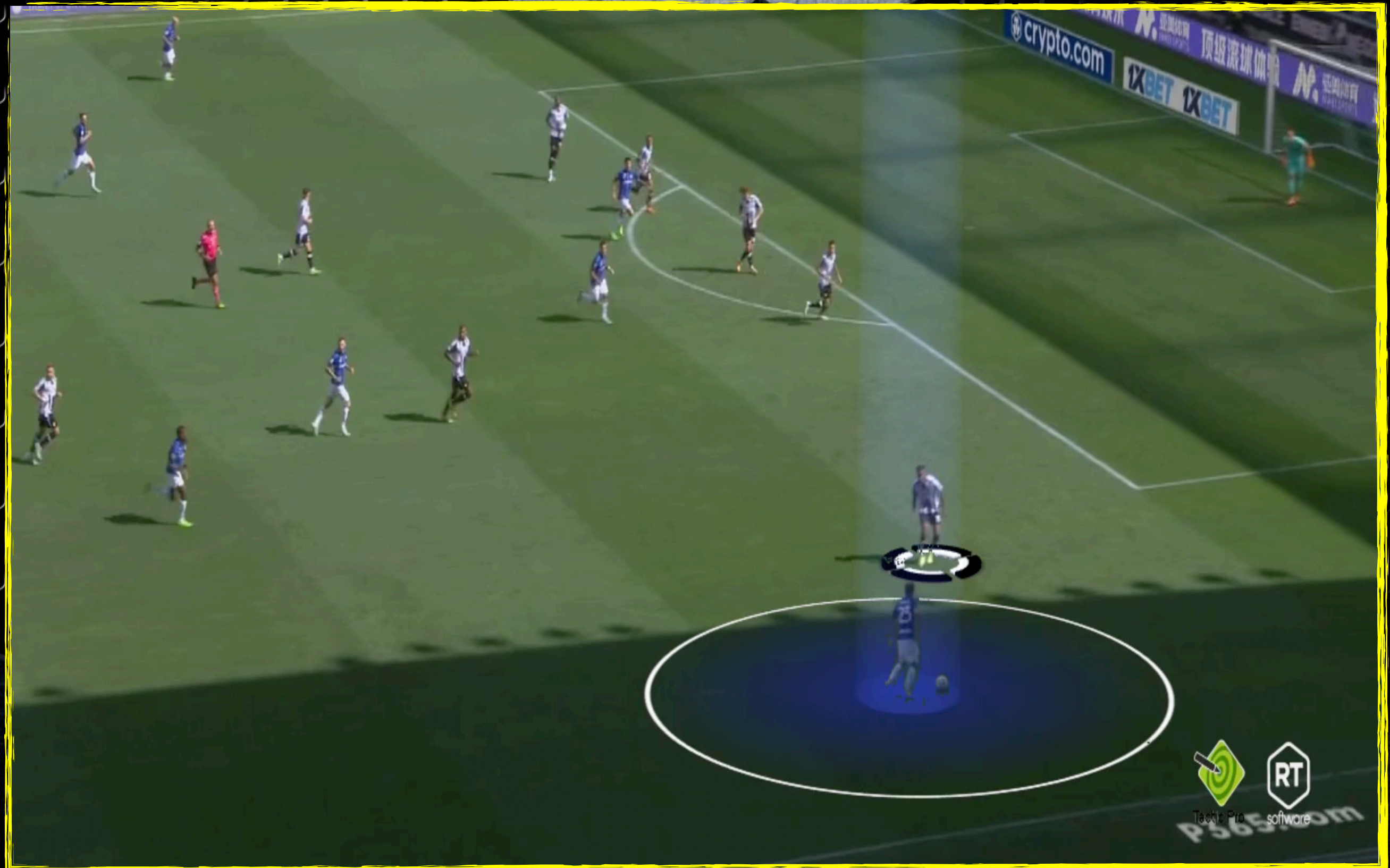


# DEFENDING THE DEPTH



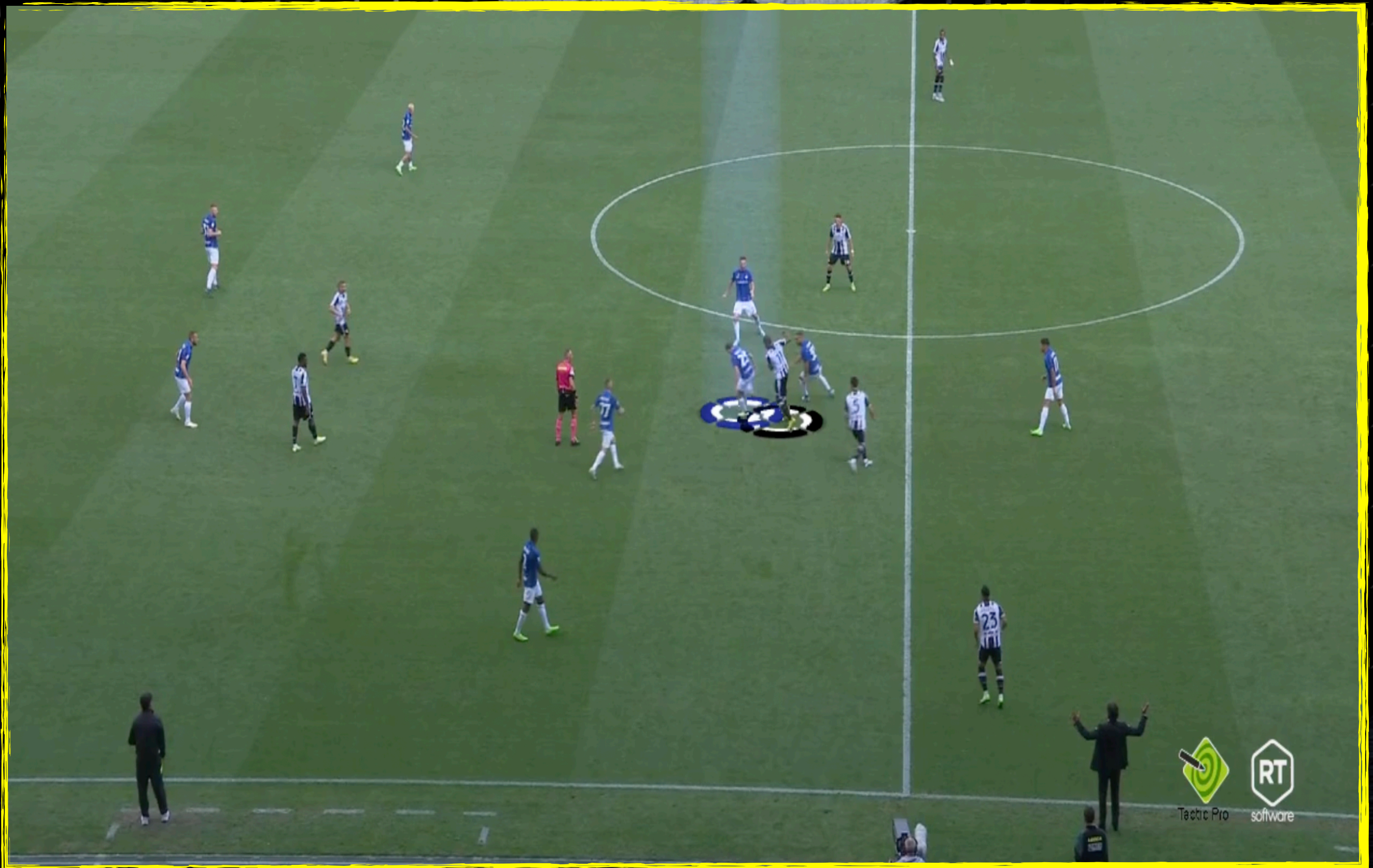


# FACING THE GOAL, STATIC



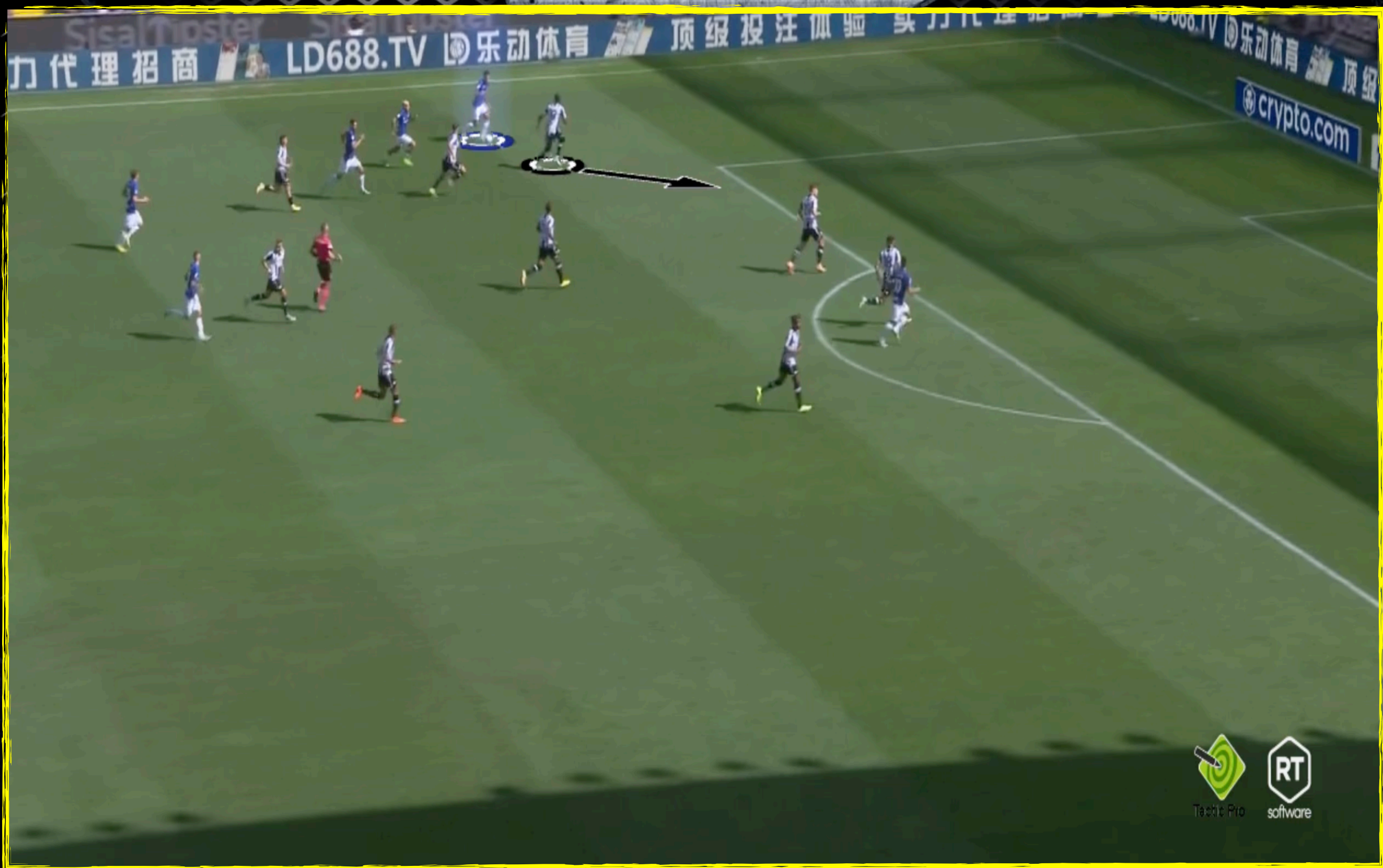


# HIS BACK TO THE GOAL





# DRIVING THE BALL TOWARDS THE GOAL AT SPEED



Tactic Pro



software

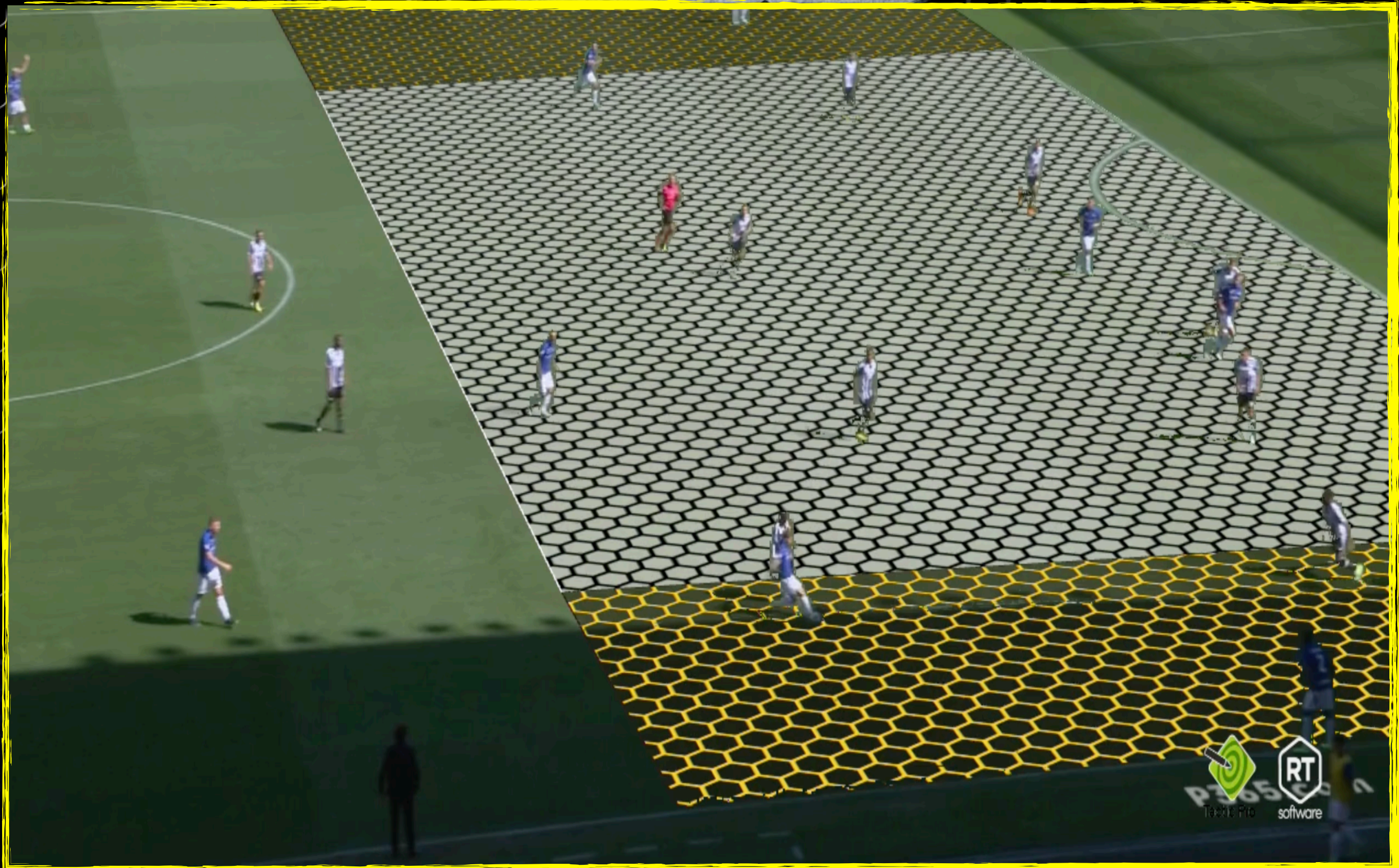


# **TACTICAL PRINCIPLES OF INDIVIDUAL DEFENSIVE ACTION**

- **Pitch zone where he is (centre, off-centre, wing, cross near the goal line).**



# PITCH ZONES





# DEFENSIVE FUNDAMENTAL POSITION

- Maximum reactivity, the highest balance to face the duel with the direct opponent in any situation - the defender achieves this if he adopts the fundamental position: feet almost parallel - this allows the defender to move correctly and quickly in the sagittal plane (forward and backward), sideways (from right to left and vice versa), in a width preferably equal to the shoulders, with the "inner foot" forward and the "outer foot" aligned with the direction of the ball (strong side) raised on the forefoot, with the heels in the air. Torso straight and slightly bent forward, head upright, looking forward for a better peripheral view.



# DEFENSIVE FUNDAMENTAL POSITION



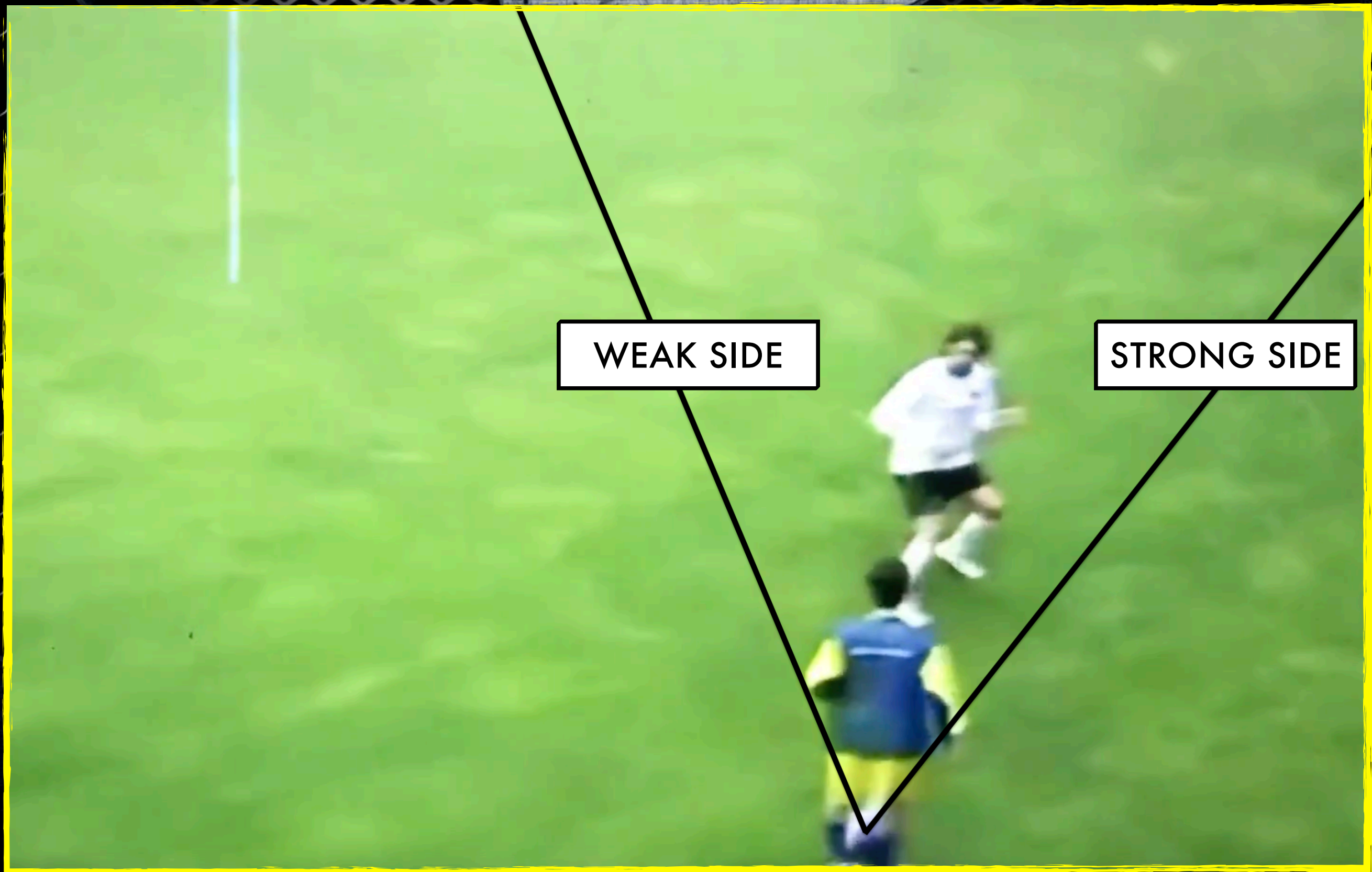


# **DIRECTION: WHERE DO I SEND HIM?**

- After having slowed down, stopped in different motions, and having started controlling the tempo, the defender must try to direct the opponent to his strong side, i.e., to the foot farthest from the ball. By doing so he will intervene effectively, placing himself in the correct position and with his feet ready to pick up the pace.



# STRONG SIDE / WEAK SIDE





# **DIRECTION: WHERE DO I SEND HIM?**

- **The defender must also prevent the opponent from moving towards his weak side. In this case, he will be forced to rotate, showing his back to the opponent, or having to make a turn of almost 270 degrees to not lose sight of the ball and become downright vulnerable.**



# REFERENCE



**UN NUOVO INIZIO**



