a Pro-Club: Gibraltar Football Association

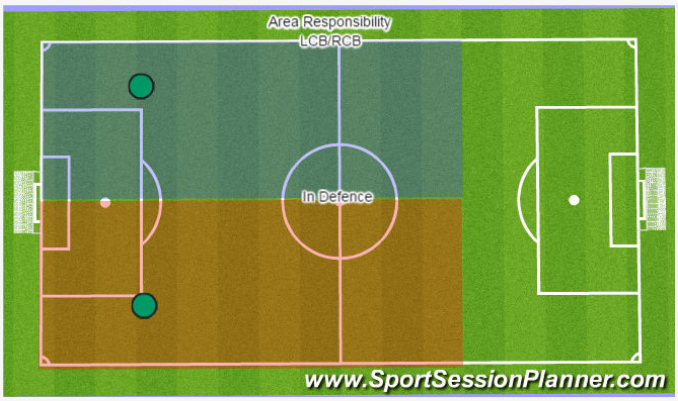
Session: Debrief areas

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Areas ILCB/RCB DEFENCE

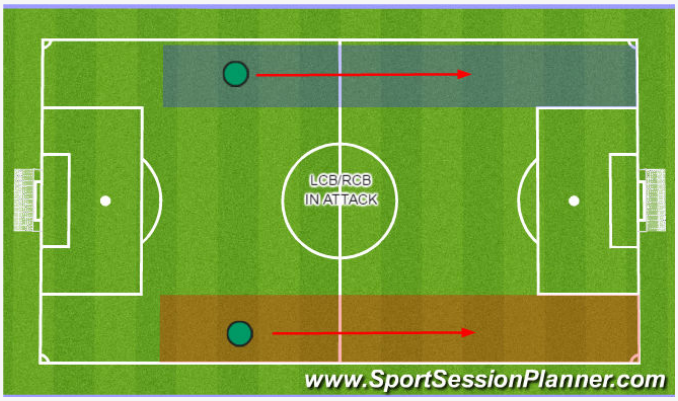
In Defence: The first thing you need to do is identify your player, mark him closely read the play and if you can anticipate the play and intercept the ball.

Remember the principles of defending



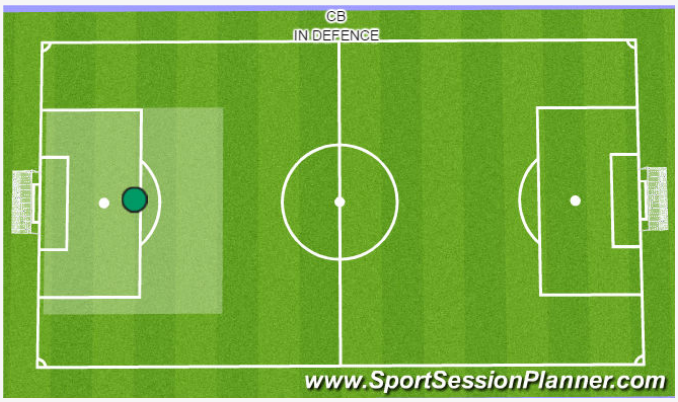
ATTACKING AREA

Once your team recovers the ball you are in attacking mode: move up the field with your team and assist in the attack only one of the RCB or LCB Will move up to the final third remember your primary role is in defence always let your defence know you are moving forward.



CB DEFENCE

In Defence: The first thing you have to do is identify your player mark him closely you are the point of reference for the LCB/RCB to go back to you must control the offside line and none of your players must be behind you are the boss of the defence. **Remember the principles of defending.**



CB ATTCK

In attack: you are the last man, if you are marking a player you don’t have to be man marking him but stay at a safe distance, if the other team get a counter attack you must slow the attack down **(do not go for the tackle first)** follow the Principles. If the opposite team kick a long ball and you have time, try and control the ball and start the play again. if you don’t have time just kick it out.

