

Styles of 6:0 defence systems

- - What does mean 6:0 system?
- - Which things influence to choose it?
- - Basic rules of the system
- - Cooperation between players and goalkeeper
- - Main tasks of the wing defenders
- - Main tasks of the central defenders
- - Transitions
- - Changes of positions
- - Defence against line player

Exercises

- - 2 against 2
- - 3 against 3 : cross and transition
- - 4 against 4 : CB Cross LP
- - 5 against 5 : transition and cross for wing
- - 6 against 6 : both wing go to the corner no pass them, just at transition
- - 6 against 6: defence against transition of wing player.
- Defence against transition of back player, with and without ball.