

**REAL MADRID**

**José  
Mourinho  
Defensive  
organisation**

**Overview:**

This session is about defensive organisation, and specifically two points: depth control and double marking.

Its importance depends on the principles contained within a team's tactical model. The session is important for teams with a high defensive block, who allow space in behind the defensive line – this is a familiar situation in defensive transitions. Ultimately, the coach has to work what he feel is right into the team dynamic.

While this organisation is simple in terms of training method, the complexity comes through the fundamentals of team tactics.

In the session, we go from a smaller area to a larger one in the final exercise – giving a global application of the principles we train.

**What do I get the players to do?**

Each of the principles we rehearse is practised in the same way.

The ball starts with an attacking central midfielder and is played out wide.

When the ball goes dead play restarts with the central midfielder. If defenders win the ball they aim for the target goal on the halfway line.

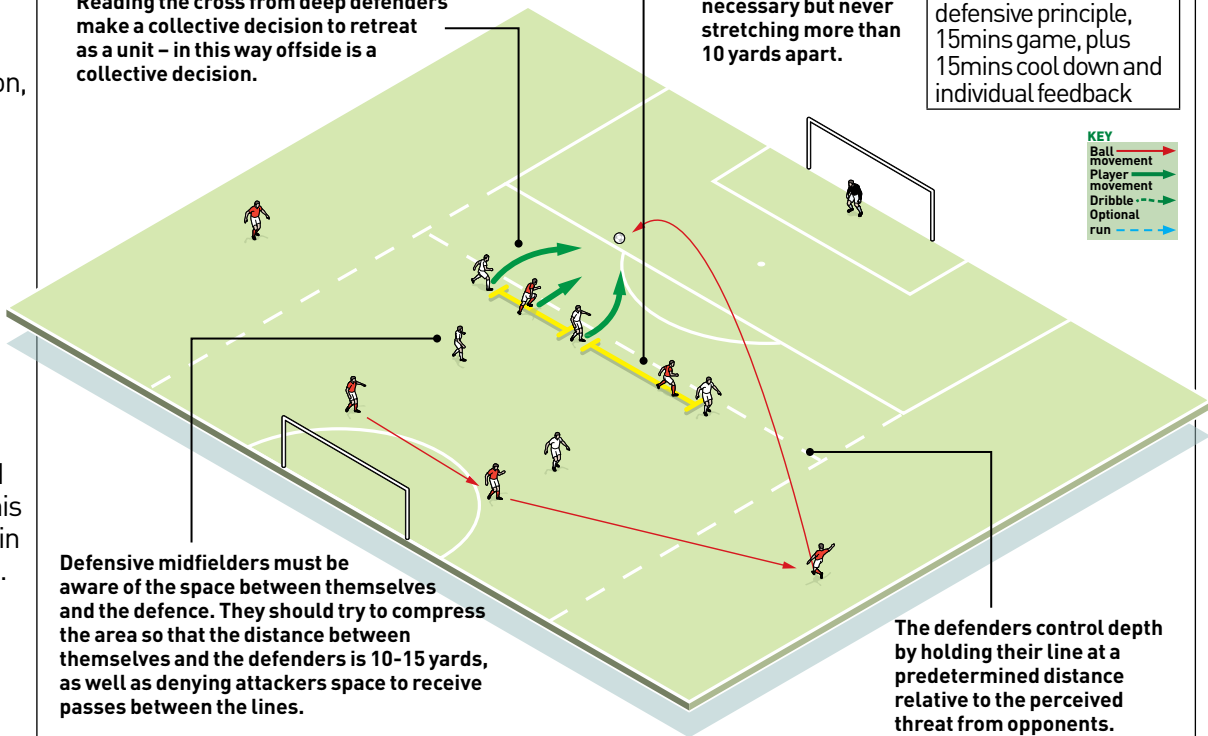
**DEFENSIVE ORGANISATION**

**Principle 1:  
Depth control by defenders**

Reading the cross from deep defenders make a collective decision to retreat as a unit – in this way offside is a collective decision.

The defenders must communicate at all times, moving closer together where necessary but never stretching more than 10 yards apart.

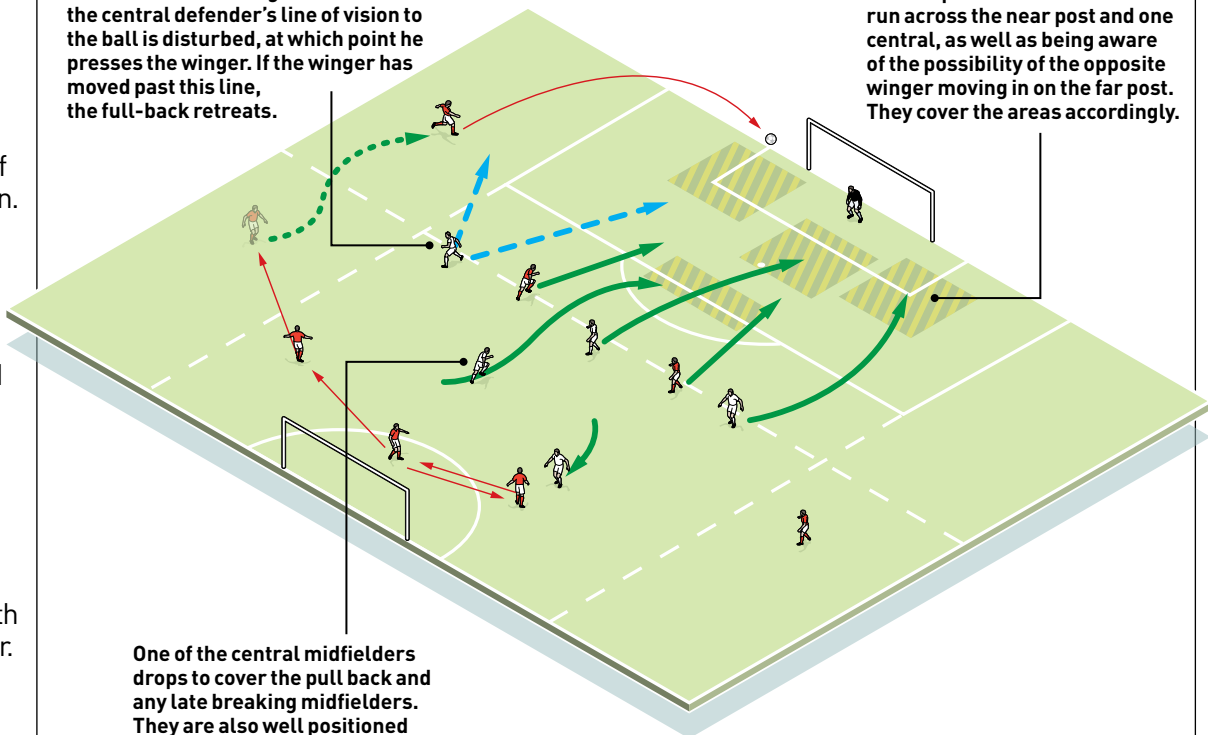
**SESSION TIME**  
90mins total:  
15mins warm-up,  
15mins for each defensive principle,  
15mins game, plus  
15mins cool down and individual feedback



**Principle 2:  
Controlling defensive areas**

The full-back nearest must decide whether to press the wide player or drop back to cover. He will get the call when the central defender's line of vision to the ball is disturbed, at which point he presses the winger. If the winger has moved past this line, the full-back retreats.

The defenders must anticipate the strikers' movement and move to cover all finishing areas. They must expect a striker to make a run across the near post and one central, as well as being aware of the possibility of the opposite winger moving in on the far post. They cover the areas accordingly.





## José Mourinho REAL MADRID

José Mourinho is the enigmatic manager of Spanish league champions Real Madrid.

During a seven-year professional playing career, Mourinho appeared for Rio Avenue, Belenenses and Sesimbra in his native Portugal. But it was as a coach that he caught the eye, initially at Vitória de Setúbal in the early 1990s.

In 1992, he worked at Sporting Lisbon alongside Sir Bobby Robson, before the pair moved on to Porto, then Barcelona.

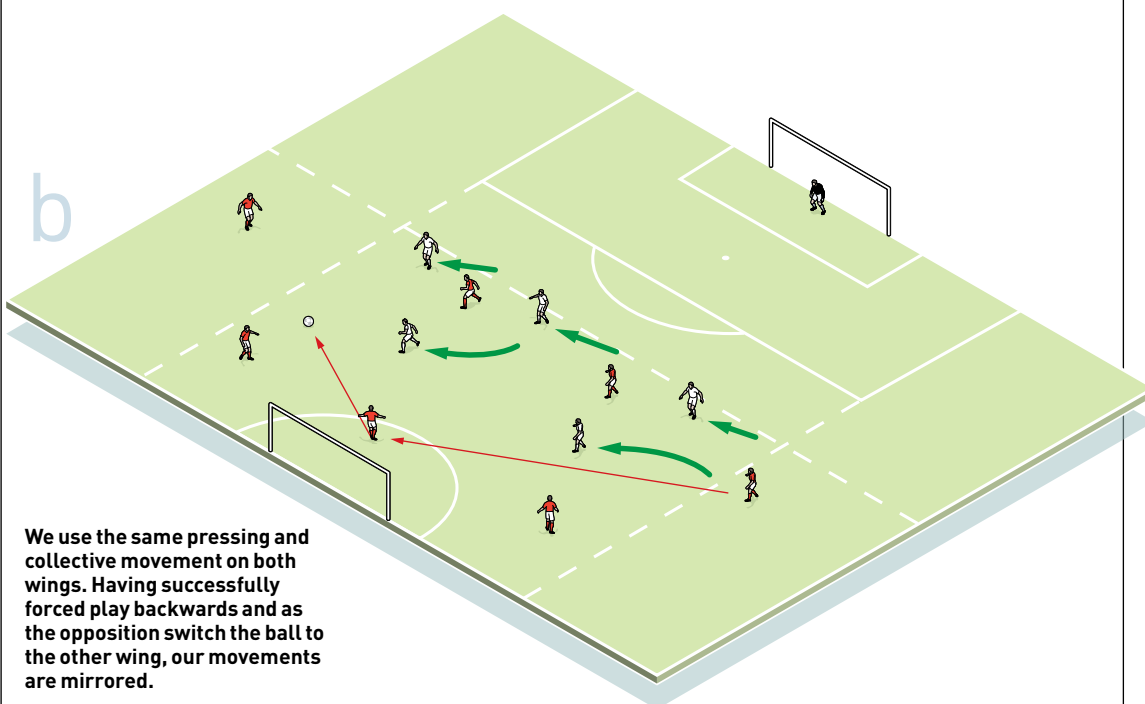
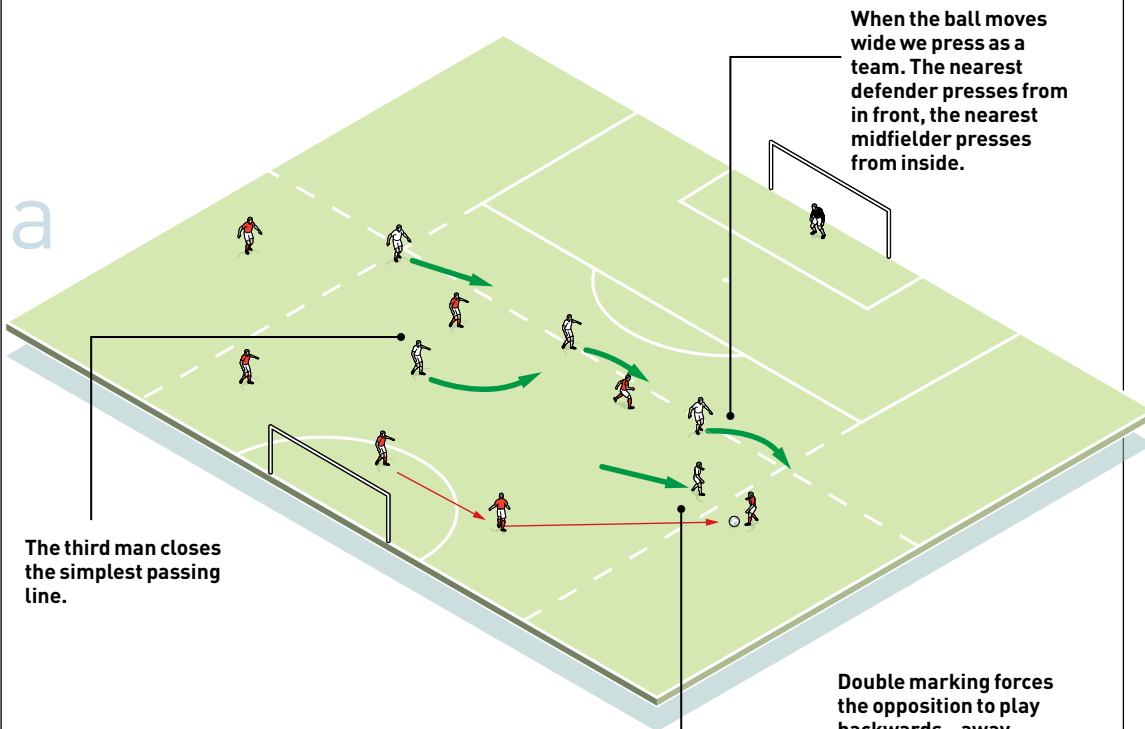
His first chance to take on first-team manager duties came at Benfica in 2000, before he switched to União de Leiria and then Porto. Arriving at Porto signalled the start of an incredible coaching success story. There he won the Portuguese Primeira Liga and Champions League, while moving to Chelsea in 2004 he clinched the Barclays Premier League in his first two seasons and the FA Cup in his third.

In 2008 he moved to Inter Milan where in his second season he won the Champions League for the second time in his career as part of a superb treble of domestic league, domestic cup and European honours.

In 2010 he moved to Real Madrid, where he won the Copa del Rey in his first season and La Liga in his second. The title success was record-breaking in that Real Madrid achieved 100 points, scoring 121 goals in the process.

## DEFENSIVE ORGANISATION

### Principle 3: Press the man on the ball



**Application of principles trained before**

Play 11v11 on a full-width pitch from box to box. Players must put into practice the elements rehearsed up until now.

Attacking moves must come from the flank, with defenders showing depth control, the skill and organisation to double mark, and the confidence to move across in closing down the threat from the flanks.

This is a continuous game played for 15 minutes. All normal laws and restarts apply. ■

**DEFENSIVE ORGANISATION**

**Application of principles trained**  
Play 11v11 and look for the application of principles previously trained

**KEY**

- Ball movement →
- Player movement →
- Dribble - - - - - →
- Optional run - - - - - →

