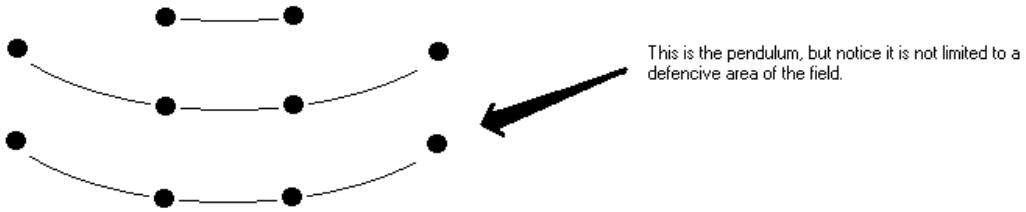
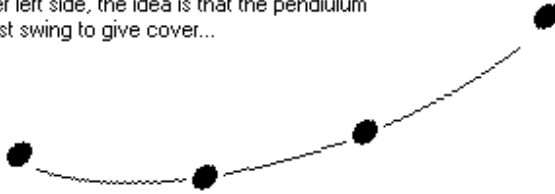


## Pendulum Defending

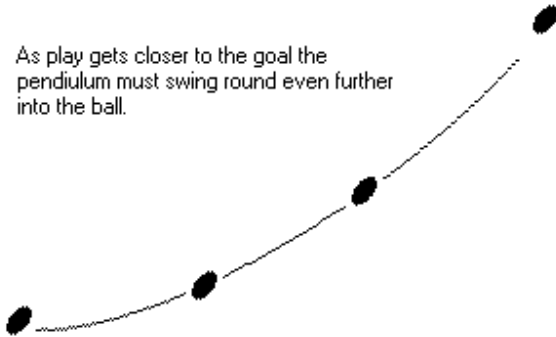
A true 4-4-2 formation has in fact no such thing as a flat back four.



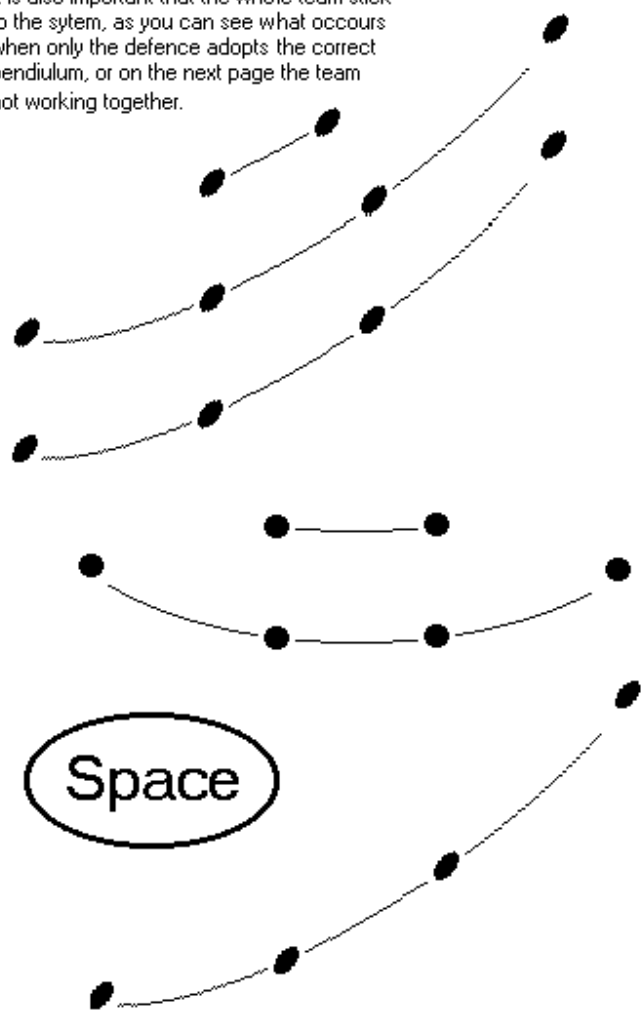
Try to imagine the attacking team coming down their left side, the idea is that the pendulum must swing to give cover...

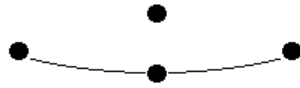


As play gets closer to the goal the pendulum must swing round even further into the ball.



It is also important that the whole team stick to the system, as you can see what occurs when only the defence adopts the correct pendulum, or on the next page the team not working together.





The big danger is when an attack comes from the middle, however if defenders are switched on and defend with one dropping of, a further pendulum is created with the wide defenders tucking into covering positions (this again can happen also in midfield).

Remembering we defend from the front, the front players were possible will force play to the teams strongest side. It is strongly suggested that play is forced wide asap and into our second defensive attacking player as the higher up the field we regain possession the less ground we have to cover before we shoot. Look at the movement of the pendulum from the front players, ideally and initially the first defender will force the play into the second.



Three of my best ever defenders: Alan Shearer, Ian Rush, and Paul Mariner.

## *Notes.*