

AERIAL DEFENSE TACTICAL GUIDE

MASTER THE TACTICS BEHIND AERIAL DEFENSE

**TACTICAL
ANALYSIS
CLIPS
INCLUDED**



ALLY PRO PERFORMANCE



INDEX

CLICK ON TEXT TO JUMP TO PAGE

PRINCIPLES OF AERIAL DEFENSE	1
PRINCIPLE #1	3
PRINCIPLE #2	6
PRINCIPLE #3	9
PRINCIPLE #4	13
CONCLUSION	16
MORE FROM APP	18



PRINCIPLES OF AERIAL DEFENSE



TAP ON LOGO TO HEAD BACK TO INDEX PAGE

PRINCIPLES OF AERIAL DEFENSE:

THIS GUIDE WILL COVER THE PRINCIPLES TO NOT ONLY PREDICT THE MOMENT BUT ALSO MAKE THE BEST DECISIONS IN THE MOMENT.

WHEN IT COMES DOWN TO AERIAL DEFENSE THERE'S THREE MAIN PRINCIPLES TO FOCUS ON TO MAKE THE BEST DECISIONS & ACTIONS IN THIS MOMENT.

PRINCIPLE #1: BODY SHAPE

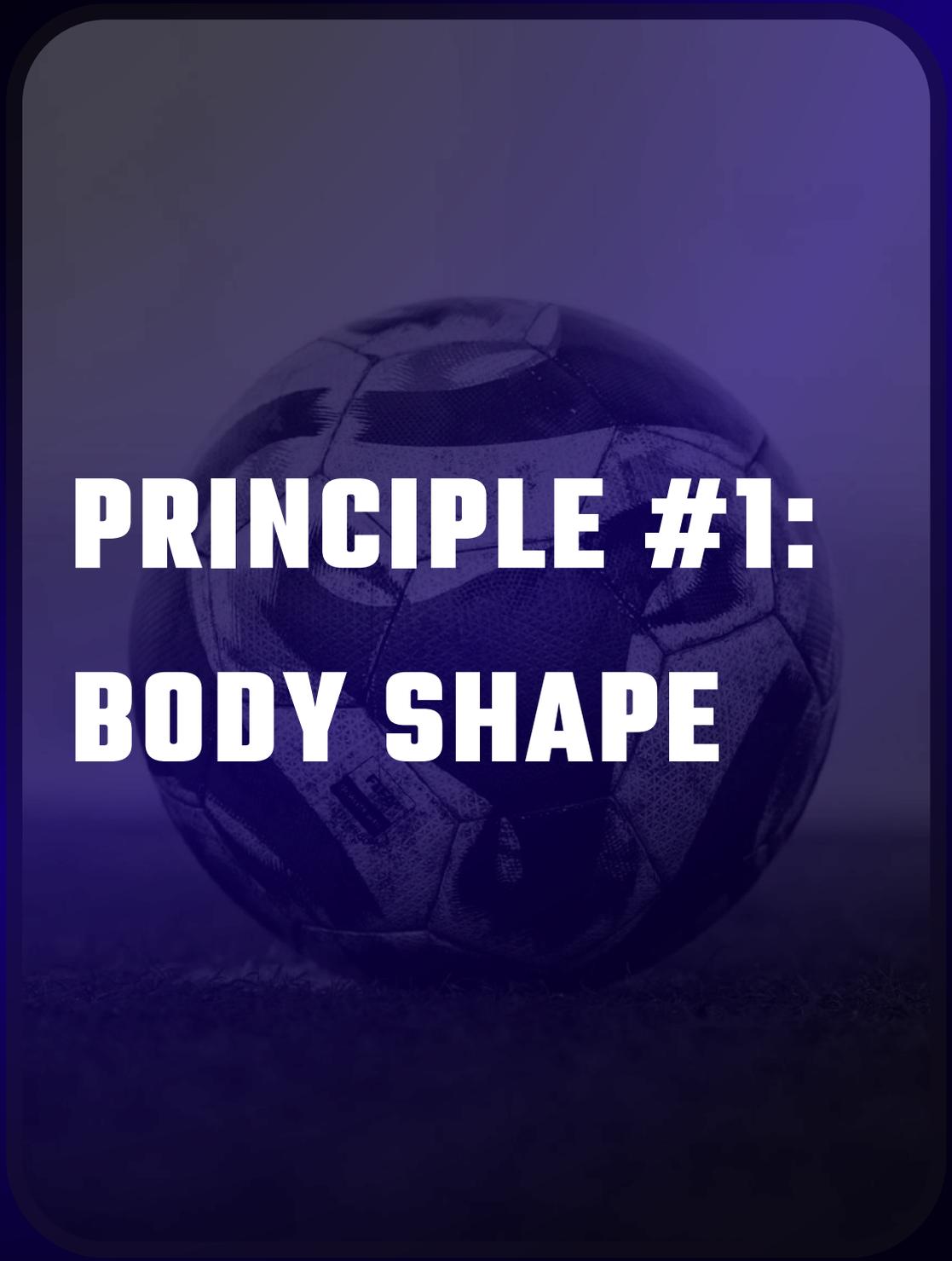
HOW TO APPROACH A LONG BALL COMING – THIS MASSIVELY AIDS THE NEXT 2 PRINCIPLES

PRINCIPLE #2: POSITIONING

TRACKING FLIGHT + ADJUSTING YOUR POSITION TO MEET THE BALL

PRINCIPLE #3: CONTACT

THE CORRECT CONTACT TO USE IN THE RIGHT MOMENTS, AS WELL AS WHERE WE DIRECT HEADERS TO.



PRINCIPLE #1: BODY SHAPE



TAP ON LOGO TO HEAD BACK TO INDEX PAGE

PRINCIPLE #1: BODY SHAPE

HOW YOU APPROACH THE LONG BALL IS THE FIRST STEP

IF YOU ARE SQUARE ON THE BALL
(CHEST FACING THE BALL):

- YOU WILL NOT GET A SOLID JUMP, AS YOU HAVE NO LEG TO LEAD OFF OF
- THIS LEADS YOU TO GETTING CAUGHT UNDERNEATH THE BALL

AS YOU'LL SEE BELOW



PRINCIPLE #1: BODY SHAPE

CORRECT BODY SHAPE IS OPEN BODY SHAPE.

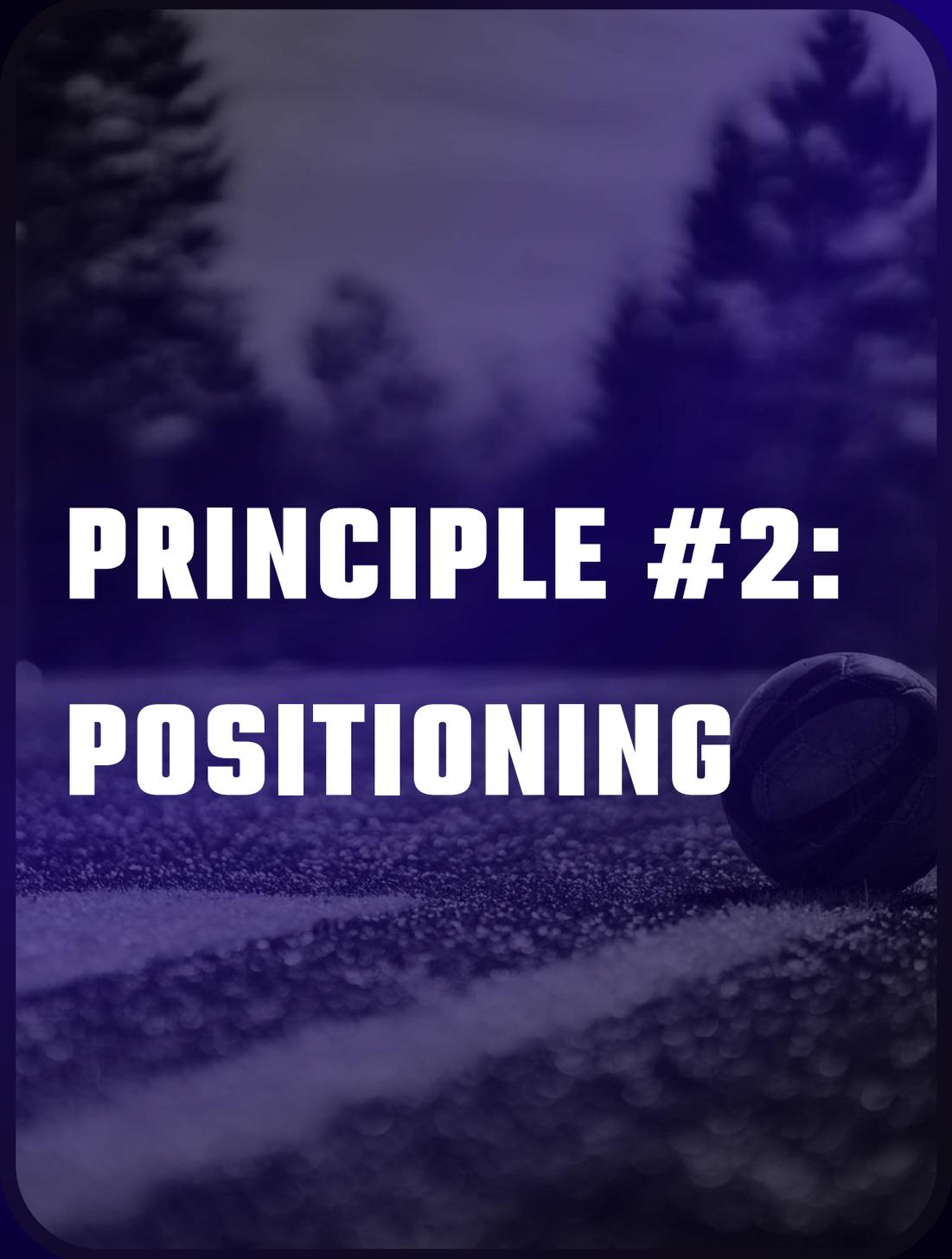
- ONE FOOT LEADING IN THE FRONT, THE OTHER ON THE BACK FOOT.
- CHEST ANGLED IN BETWEEN BOTH FEET, HEAD NEUTRAL

THIS HELPS YOU GAIN A PLATFORM TO RISE UP IN A JUMP TO MEET THE BALL.

IT ALSO GIVES YOU THE ABILITY TO GENERATE POWER FOR THE JUMP AND THE HEADER, WHILE AIDING LATERAL (SIDE) MOVEMENTS

CERTAIN PARTS OF THE PITCH LEAD TO A CHANGE IN YOUR BODY SHAPE, AS YOU'LL SEE HERE





PRINCIPLE #2: POSITIONING



TAP ON LOGO TO HEAD BACK TO INDEX PAGE

PRINCIPLE #2: POSITIONING

POSITIONING IS HEAVILY DETERMINED BY THE BALL THAT IS PLAYED.

- WITH THE CORRECT BODY SHAPE
- YOU LOOK TO TRACK THE FLIGHT OF THE BALL.
- THEN LOOK TO GET IN LINE WITH THE BALL TO APPLY THE CORRECT CONTACT PRINCIPLES

IF THE AERIAL BALL IS PLAYED IN BEHIND YOU:

- YOU LOOK TO DROP TO MEET

IF PLAYED AHEAD OF YOU:

- YOU PUSH UP TO MEET THE BALL

IF PLAYED TO EITHER SIDE OF YOU:

- SHUFFLE TO YOUR LEFT OR RIGHT

IF PLAYED BEHIND YOU OR AHEAD BUT TO THE SIDE:

- SHUFFLE TO YOUR LEFT OR RIGHT & DROP TO MEET OR PUSH UP TO MEET

PRINCIPLE #2: POSITIONING

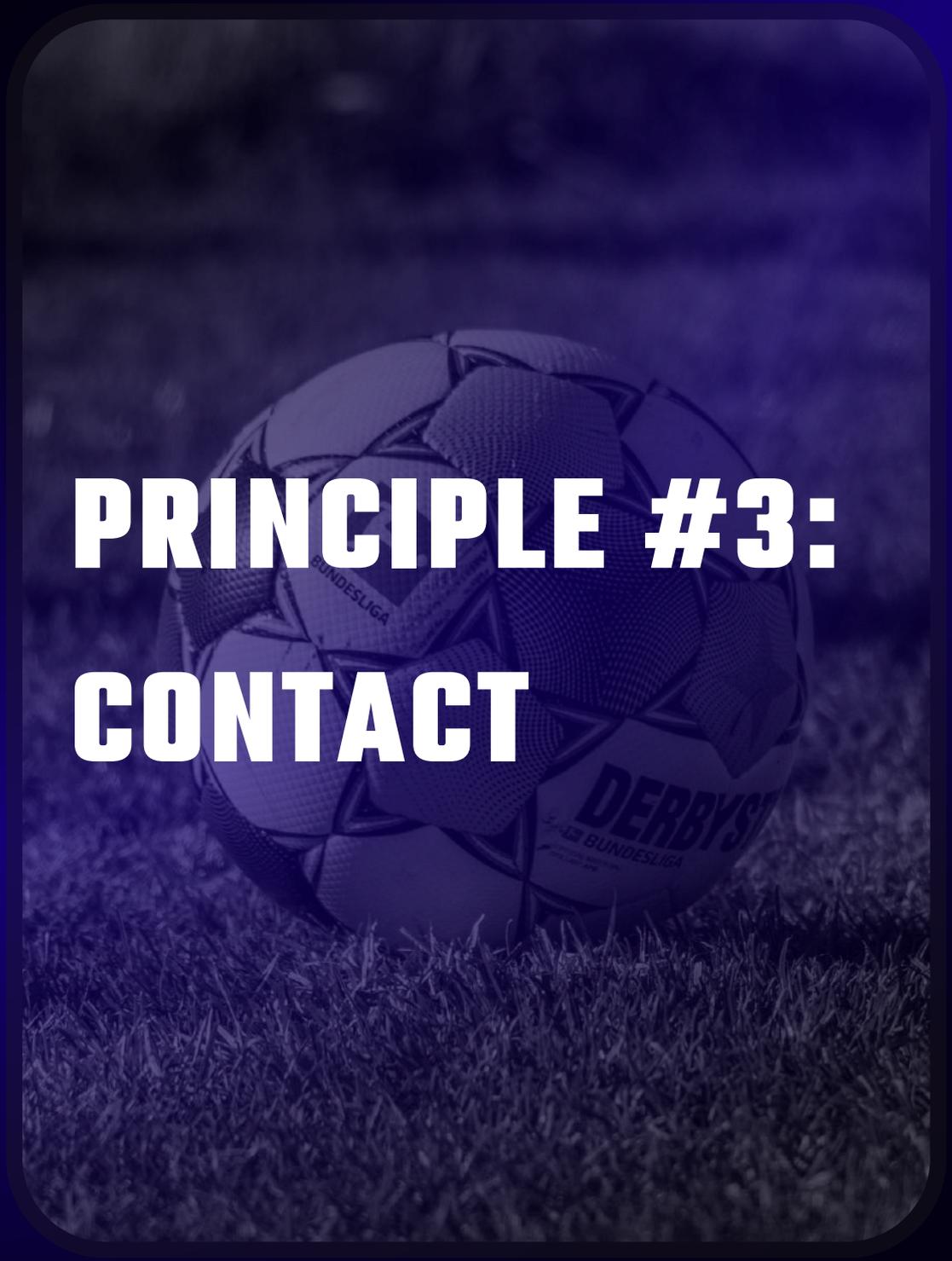
HOW YOU APPROACH THE LONG BALL IS EVERYTHING.

IF YOU ARE SQUARE ON THE BALL (CHEST FACING THE BALL):

- YOU WILL NOT GET A SOLID JUMP, AS YOU HAVE NO LEG TO LEAD OFF OF
- THIS LEADS YOU TO GETTING CAUGHT UNDERNEATH THE BALL

AS YOU'LL SEE BELOW





**PRINCIPLE #3:
CONTACT**



TAP ON LOGO TO HEAD BACK TO INDEX PAGE

PRINCIPLE #3: CONTACT

ONCE YOU HAVE THE CORRECT BODY SHAPE.

YOU'VE TRACKED THE FLIGHT & POSITIONED CORRECTLY

IT'S NOW TIME FOR THE CONTACT .

YOU CAN HAVE CONTACT FOR:

- CLEARANCES (KEY AIM IS LOOKING TO GET DISTANCE)
- CUSHIONING (LOOKING TO CUSHION AERIAL BALL TO TEAMMATE)

BOTH PRINCIPLES OF CONTACT ARE BROKEN DOWN HERE



PRINCIPLE #3: CONTACT

TECHNICALLY – YOU WANT CONTACT WITH THE FOREHEAD.

- **CONTACT FOR DISTANCE & POWER WILL ALWAYS BE WITH CENTRAL PART OF THE FOREHEAD.**
- **REMEMBER YOUR BODY SHAPE PRINCIPLES TO BE ABLE TO GENERATE JUMP HEIGHT & POWER ON YOUR HEADERS**

FOR GLANCING HEADERS YOU USE MORE OF THE SIDE OF THE FOREHEAD

IF UNDER MINIMAL PRESSURE, WITH TEAMMATES AVAILABLE CLOSE BY, YOU CAN CUSHION THE HEADER TO THEM .

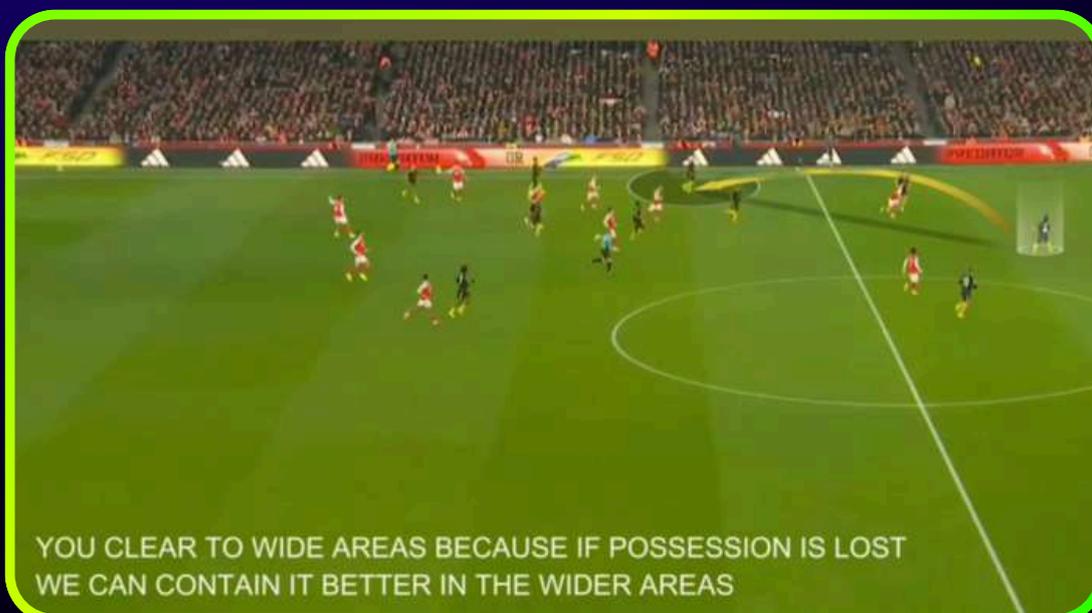
YOU DO THIS BY ABSORBING THE PRESSURE RATHER THAN GENERATING POWER

PRINCIPLE #3: CONTACT

AS THE BALL IS COMING IN TO YOU, PULL YOUR BODY BACK TO ABSORB PRESSURE AND CUSHION THE HEADER TO YOUR TEAMMATE.

TARGET ZONES:

IDEALLY YOU WANT TO DIRECT YOUR HEADERS MORE TO THE WIDER AREAS.



PRINCIPLE #3: CONTACT

WHY?

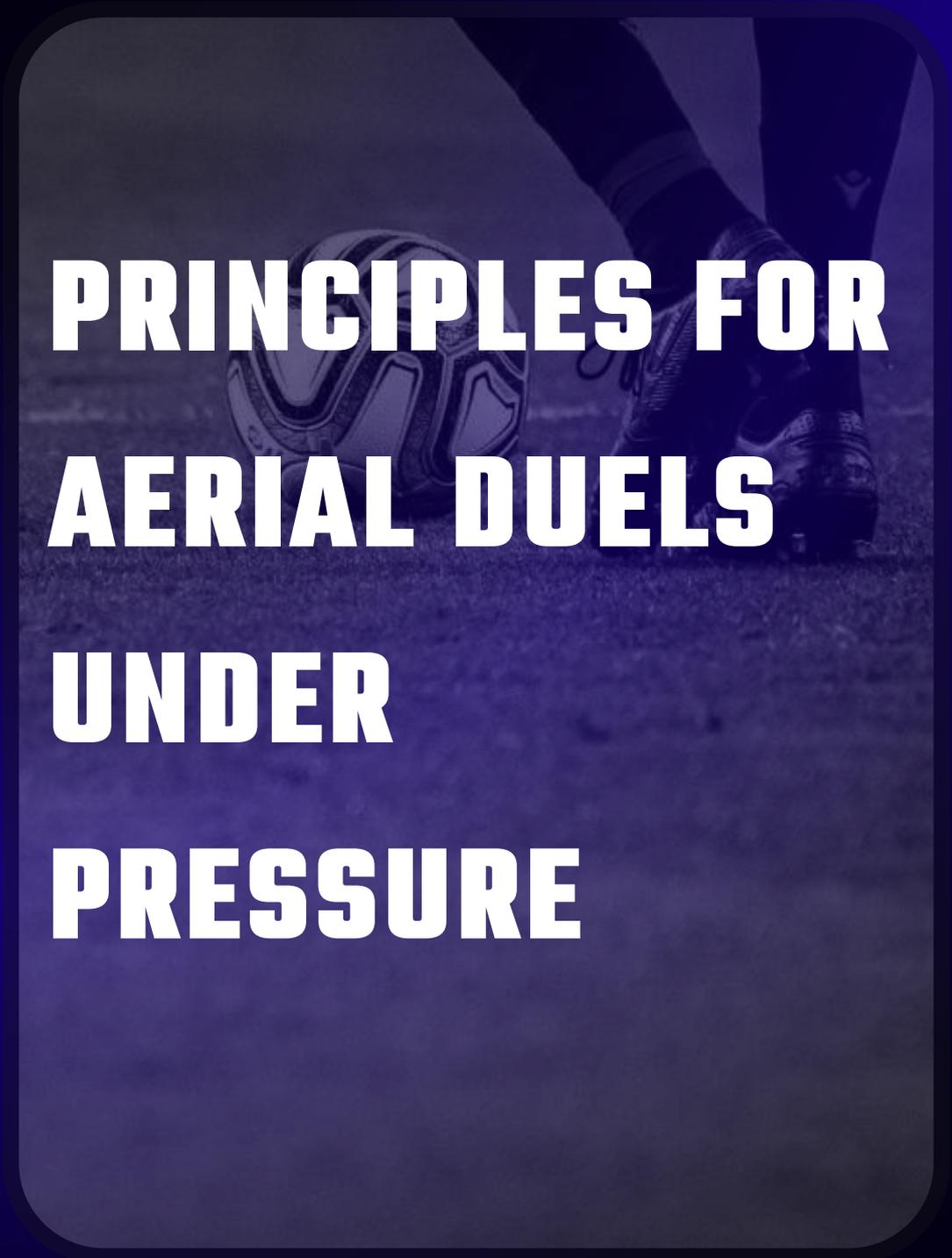
THE CENTRAL AREA MAKES IT EASIER FOR THE OPPOSITION TO LAUNCH A SUCCESSFUL COUNTER ATTACK.

THIS IS WHY WE LOOK FOR THE 2 D'S,

- **DISTANCE & DIRECTION**

THROUGH CONTACT WE CAN GET THE BALL AS HIGH UP THE PITCH AS POSSIBLE – ESPECIALLY WHEN UNDER PRESSURE – & AWAY FROM THE CENTRAL AREAS.

IF WE LOSE THE 2ND BALL, WE CAN SNUFF OUT DANGER EASIER IN THE WIDER AREAS THROUGH COUNTER PRESSING OR DROPPING OFF TO REGAIN SHAPE.



**PRINCIPLES FOR
AERIAL DUELS
UNDER
PRESSURE**



TAP ON LOGO TO HEAD BACK TO INDEX PAGE

PRINCIPLES FOR AERIAL DUELS

UNDER PRESSURE:

WHEN UNDER PRESSURE THESE PRINCIPLES ARE EVEN MORE EFFECTIVE.

UNDER PRESSURE, WE NEED TO TRACK THE OPPONENTS POSITION FIRST AND THEN WE CAN APPLY THE 3 MAIN PRINCIPLES

FOLLOW THIS SEQUENCE.

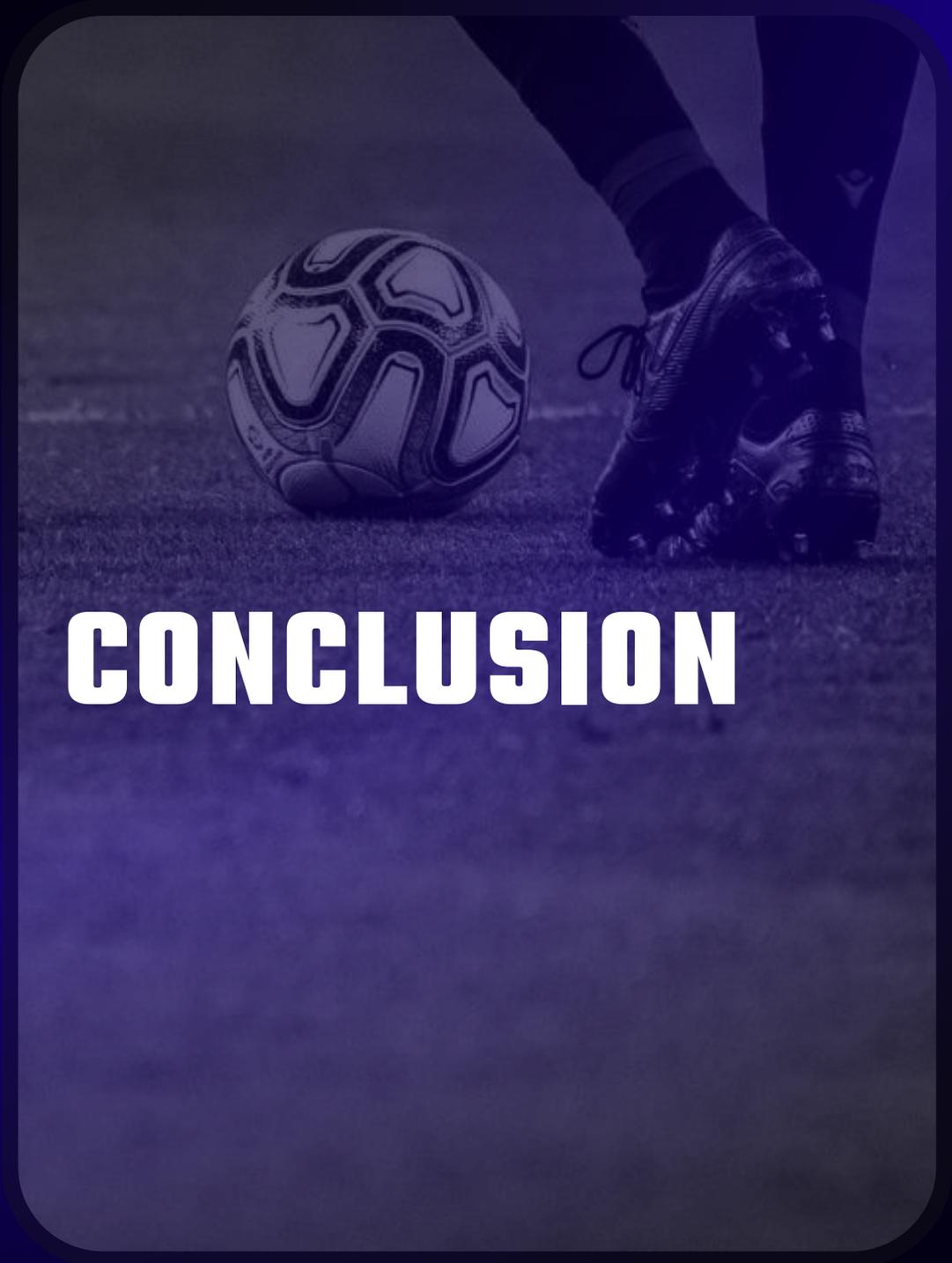
- SCAN & IDENTIFY
- LOCATE THE OPPONENT, BALL FLIGHT, AND NEAREST SUPPORT.
WITHOUT THIS, ANY TECHNICAL ACTION IS REACTIVE.
- ESTABLISH RELATIONSHIP
- SET YOUR DISTANCE AND LINE BETWEEN OPPONENT AND BALL.
- THIS IS WHERE YOU WIN THE DUEL BEFORE LEAVING THE GROUND.
- APPLY THE 3 MAIN PRINCIPLES OF AERIAL DEFENSE

PRINCIPLES FOR AERIAL DUELS

UNDER PRESSURE:

YOU'LL SEE THEM IN ACTION IN THIS TACTICAL CLIP.





CONCLUSION



TAP ON LOGO TO HEAD BACK TO INDEX PAGE

CONCLUSION

YOU'RE NOW ARMED WITH THE KNOWLEDGE AND UNDERSTANDING TO DEFEND AERIAL BALLS LIKE THE IDEAL DEFENDER.

THE PRINCIPLES OUTLINED IN THIS GUIDE PROVIDE A CLEAR FRAMEWORK FOR POSITIONING, TIMING, AND DECISION-MAKING IN HIGH-PRESSURE SITUATIONS.

APPLY THESE CONCEPTS CONSISTENTLY IN TRAINING AND MATCHES & YOU'LL BE SOLID AS A ROCK FOR ALL THE AERIAL DUELS YOU FACE.

CONNECT WITH ALLY PRO PERFORMANCE:



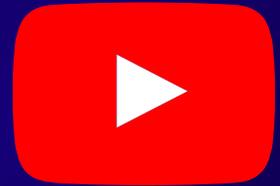
INSTAGRAM



X



TIKTOK



YOUTUBE



WEBSITE



EMAIL



WHATSAPP



TELEGRAM

