

Abstract:

The work is focused on the defence phase in football. It gives an overview of the football in terms of composition and functioning of defensive teams operating at different levels. The work was created owing to studying the theoretical resources as well as thanks to the research performed between football players and the consultation with the football coach.

The first part contains the basic rules of the game and familiarization with those requirements for individual football skills. Consequently, there are described the possibilities of the involvement of individuals to the football defensive combination, which the work develops in details.

The practical part analyses the level of defence skills for teams in the Czech Republic and presents tips for their training.

The processed findings should be recommended as useful information for inexperienced football coaches at different performance levels.