

Session: Back four Zonal Defending
Coach Name: Steve Fennah **Age Group:** 85's



(Activities should be developmentally appropriate to age group.)

<u>DIAGRAMS</u>	<u>ACTIVITY & ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p><u>WARM-UP</u> <u>1/2 field</u> <u>10 Minutes</u></p>	<p><i>Pass & Move in 1/2 field</i> <i>One Ball per 3 players</i> <i>Pass to your own 3</i> <i>Pass to anyone</i> <i>Break for stretching</i></p>	<p><i>Vary Passes</i> <i>Play with vision/Head up</i> <i>First touch to prepare for pass</i></p>
<p><u>PHASE 1</u> <u>15* 20 Box 2v2</u> <u>20 Minutes</u></p>	<p><i>2 v 2 to central goal</i> <i>Defensive pair stay for 5/6 turns</i> <i>Attack from one area/then other side</i></p>	<p><i>Try to stay in Zones</i> <i>Communication</i> <i>Pressure and Cover</i> <i>Show to cover or away from goal</i> <i>Step up to pressure recover to zone</i></p>
<p><u>PHASE 2</u> 3 v 3 15 Minutes (20 x25 yards) 4v4 15 minutes (40x25 yards)</p>	<p><i>3v3 to central</i> <i>Defenders stay for 5/6 turns</i> <i>Cone in Zones</i> <i>4 v 4 to three goals</i> <i>Defenders stay for 5/6 turns</i> <i>Cone in Zones</i></p>	<p><i>Try to stay in Zones</i> <i>Communication</i> <i>Pressure and Cover & balance</i> <i>Show to cover or away from goal</i> <i>Step to pressure recover to zone</i> <i>Deny passing lanes</i> <i>Passing players on</i></p>
<p><u>PHASE 3: THE GAME</u> 7v7 Half field to Goals 25 Minutes</p>	<p><i>Set up in 4-1-2 formation</i> <i>Cone in zones</i></p>	<p><i>When to step when to hold space</i> <i>Deny space behind</i> <i>Pressure cover balance</i> <i>Discipline to zone</i> <i>Deny passing lanes</i> <i>Passing players on</i> <i>Forwards/Mids direct Attack/Funnel</i></p>
<p><u>COOL DOWN</u></p>	<p><u>Captains choice cool down</u></p>	