

Session Topic: Zonal Defending

Coach Name: Matt Potter Age Group: 1986's



(Activities should be developmentally appropriate to age group.)

<u>DIAGRAMS</u>	<u>ACTIVITY & ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<u>WARM-UP</u>	Groups of 8 Group of 4 pass and move / stretch 4v2 to end line (if the 2 win ball immediate transition to 4v2 the other way). The player that lost possession defends along with one other (2 rest)	Pressure: patience/win, show inside/outside, angle/distance etc Cover: angle support, 'eyes' for pressure, depth, recovery runs etc. Communication: 'key to success' Defending as a pair: when/when not to cross, press, hold line Transition: counter/possession? Press/hold line? If you lose it can you get it back?
<u>PHASE 1</u>	3v2 to gates: score off dribble then pass through gate. If defenders win ball, play to teammate who then joins to make 3v2 the other way. The player that lost possession defends along with one other (1 rests). Build to 4v3	All above Visual/Verbal clues to press/contain Risk/safety Isolate player with ball Concept of balance
<u>PHASE 2</u>	4v3 v 3v4 (+N) central/wide to 4 gates: Score by dribble/pass through gate. If a player passes in to the other side can join in. Neutral (N) players outlet/support, 1 stay central as link player.	All above Team 'zone' defense: shift & slide, weakside shape, don't get beat by big pass. Defending wide (fullback step out), defending central (fullbacks compact). Communication!
<u>PHASE 3: THE GAME</u>	If numbers and field size available to use play the game as described left. If not, one team plays to penetrate the halfway line (pass/dribble). Play with a time limit then reverse direction.	All above Let play then make adjustments as needed
<u>COOL DOWN</u>		