

U11-U14 Coaches Clinic- Zonal Defending Principles

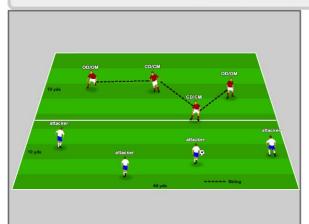
Date: 27/Sep/2013 Duration: N/A

Time: N/A Age/Level: U11 - U18

Session Principles of zonal defending in a

Objective: block of 4

Zonal 4 Defending Shape - Shadow Train with String



Description:

4v4 in 25 x 44 yd space. Four attacking players. Four defenders representing back/midfield 4 *Defenders hold on to a specific spot on a 36 yard string with 12 yards between them

*Attacking players pass ball (and pause between passes to start) - defenders close down attacker when ball is in their zone and other defenders adjust into proper cover/balance *Defenders maintain spot on string keep it taught as they move

Progression: speed up movement of ball, Outside player force inside or outside?

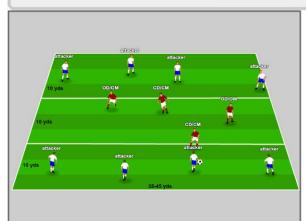
Coaching Points:

Defender close down attacker when ball is in their zone - speed/footwork, angle, body shape

Move into covering and balancing positions as teammate closes down ball Covering player distance, angle and body shape (attacker can't see your jersey #) Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward

Balancing player: compactness vs marking, level or slightly ahead of adjacent defender

Zonal 4 Defending Shape - Center Zone Game



Description:

8v4 in 30 x 44 yd space. Four attacking players in each outside zone. Four defenders representing defender/midfield block of 4 in center zone - can also enter zone with ball. *Attacking players score a goal every time they can get the ball across to the other side (ball must stay on the ground to score) - 3 pts if defenders a are split, 1 pt if ball goes outside of D

*Progression: 1) attackers restricted to outside zones 2) attackers with ball can also play in center zone 3) attackers can score by passing or dribbling into opposite zone

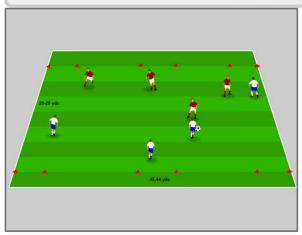
Coaching Points:

Defender close down attacker when ball is in their zone - speed/footwork, angle, body shape

Move into covering and balancing positions as teammate closes down ball and ball moves Covering distance, angle and body shape (attacker can't see your jersey #) - prevent split Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward

Balancing player: compactness vs marking, level or slightly ahead of adjacent defender

Zonal 4 Defending Shape - Six Goal Game



Description:

4v4 in 25 x 44 yd space. Two teams of four each representing a zonal defending block. Each team scores in and defends three cone goals. Score by passing or dribbling through. Center goal worth 3 pts, outside goals worth 1 pt.

Variation: play as 3v3 for defending blocks of 3 and reduce field size

Variation: play as flying changes with another team ready to attack when ball crosses endline\

Key - defenders move as ball travels not after it arrives

Coaching Points:

Covering player distance, angle and body shape (attacker can't see your jersey #) Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward

Balancing player: compactness vs marking, level or slightly ahead of adjacent defender Player pressuring ball too far from teammates - other defenders step or slow them down OD can't step to a player and allow 1v2 - delay and allow CD to close for 2v2