

U11-U14 Coaches Clinic- Zonal Defending Principles

Date : 27/Sep/2013

Duration : N/A

Session

Principles of zonal defending in a

Time : N/A

Age/Level : U11 - U18

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 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