


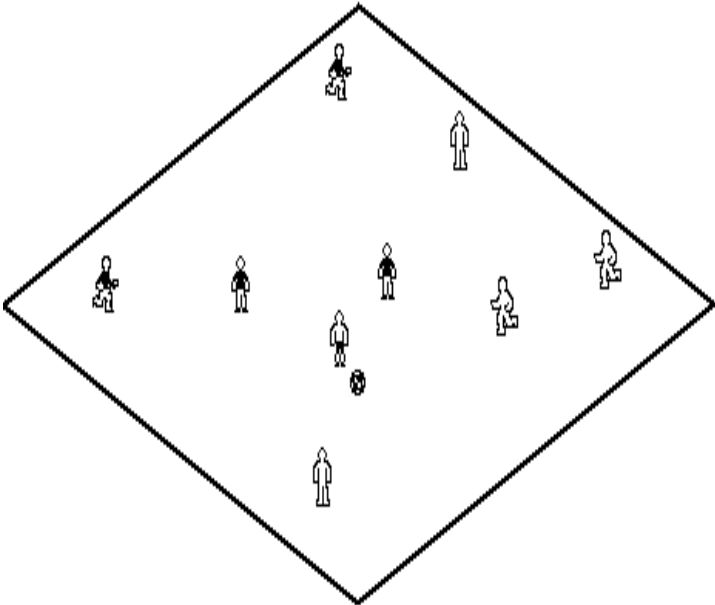
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Coaching Advisor  
**Lesson Plan**



Topic: Zonal Defending  
 Age: 17U

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 Activity #1</b>	General warm-up with the ball - simple passing and juggling movements		<ul style="list-style-type: none"> <li>▪ Increase blood circulation</li> <li>▪ Simple rhythmic movement</li> <li>▪ Mentally begin to focus on the training topic</li> </ul>
<b>2 Activity #2</b> Numbers: 4 v 4 + 1 (2 boxes) Area: 35 x 40	How to score: 10 consecutive passes = goal. Play each round to 3 (or similar) Playing rules: Unlimited touches (may change to increase challenge) Kick-ins for out of bounds		<ul style="list-style-type: none"> <li>▪ Work as a block: tactical cues to balance and compact</li> <li>▪ Role of 1<sup>st</sup> defender in collective defending action: look for opportunities to make play predictable for teammates</li> </ul>

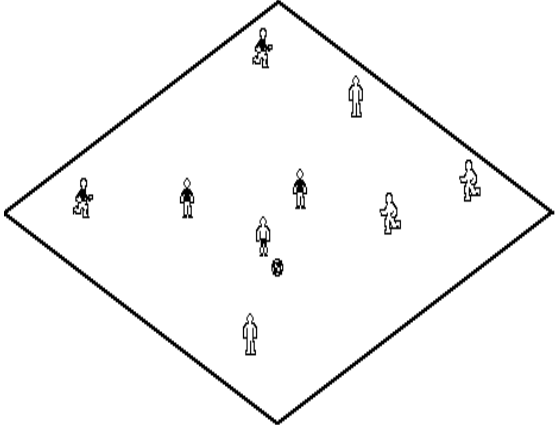
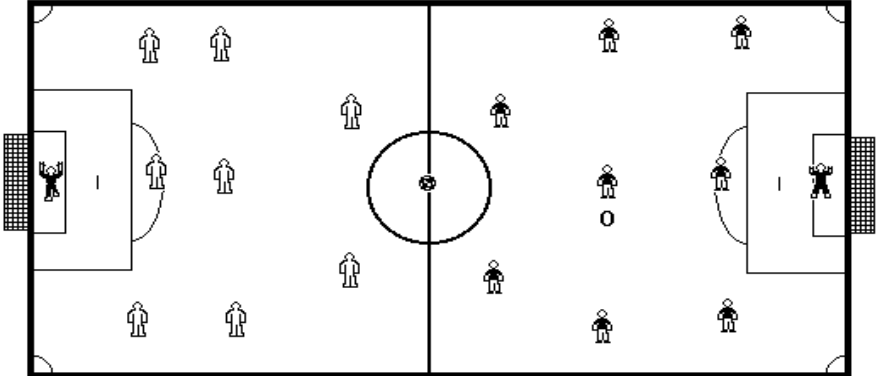
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<b>3 Activity #3</b>			
<p>Numbers: 4 v 4 + 1          (2 boxes)          Area: 35 x 40</p>	<p>How to score: 10 consecutive passes = goal. Play each round to 3 (or similar)          Playing rules          Unlimited touches (may change to increase challenge)          Kick-ins for out of bounds</p>		<ul style="list-style-type: none"> <li>Decisions to channel into cover versus denying penetration (relative to point of confrontation)</li> <li>Tactical cues for pressing</li> </ul>
<b>4 Activity #4</b>			
<p>Numbers: 9v9          Play 3-3-2          Area: 70 x 50          Play sideways and cone off 5-6 yards from each "side."</p>	<p>Adjust playing numbers, spaces and conditions as necessary.</p>		<ul style="list-style-type: none"> <li>Flattening out at the back</li> <li>Using offside space</li> <li>GK as a covering defender</li> <li>Double team when possible</li> <li>No "freebie" first touches from defensive restarts</li> <li>No bouncing balls from defensive restarts</li> <li>Expand team into attacking shape following positive turnover</li> </ul>
<b>5 Cool-Down</b>			
	<p>Light ball juggling and jogging.          Static stretching          Replenish fluids</p>		