

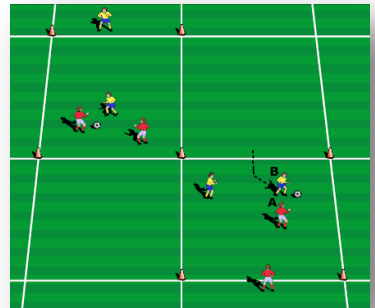


Zonal Defending

Warm Up

Setup 10x15 yard area
1 ball per box

Instructions Players compete 1v1 and attempt to dribble over their opponent's end-line. Emphasis is placed on defensive technique/tactics. Progress to a 2v1 attacking situation (as shown in diagram) so that the defender is forced to cut off the angles for a pass and drive to player in possession wide out the side of the box.



Drill

Setup Half Pitch
Players in two teams (10v4 Attacking Overload)

Instructions The 10 (yellow) attacking players must attempt to score opportunities through quick ball movement. The "back four" defenders must attempt to prevent any chances - they must stay compact and work as a unit to absorb the pressure. Play offside for realism. Limit attacking players to two touch to increase the speed of play.



Development

Setup Half Pitch
Players in two teams (10v4 Attacking Overload)

Instructions This diagram illustrates the defensive team "sliding" as a unit as the ball has travelled to a wide position of the pitch. Notice that the defensive team has maintained their line. They must slide to fill up gaps as well as keep an eye on the movement of the opposition players. This should be two touch on the attacking side and also concentrate on the central defenders.



Game Related Practice

Setup Full Pitch
Players split in two teams

Instructions The activity is developed by adding players to the defensive team. The diagram illustrates 3 extra midfielders for the defensive team. Players must shift as a group as the ball travels. Cut off passing lanes by filling gap. Midfielders are outnumbered - they must work as a unit also to prevent penetrating passes. Delay the attack for as long as possible.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.