

Zonal Defending



Principles of Defending

Pressure

Cover

Balance

Compactness/Concentration

Key Coaching Points

Instant Chase

Angles/ Speed of approach

Delay/Jockeying/Being patient

Channeling/ Making play predictable

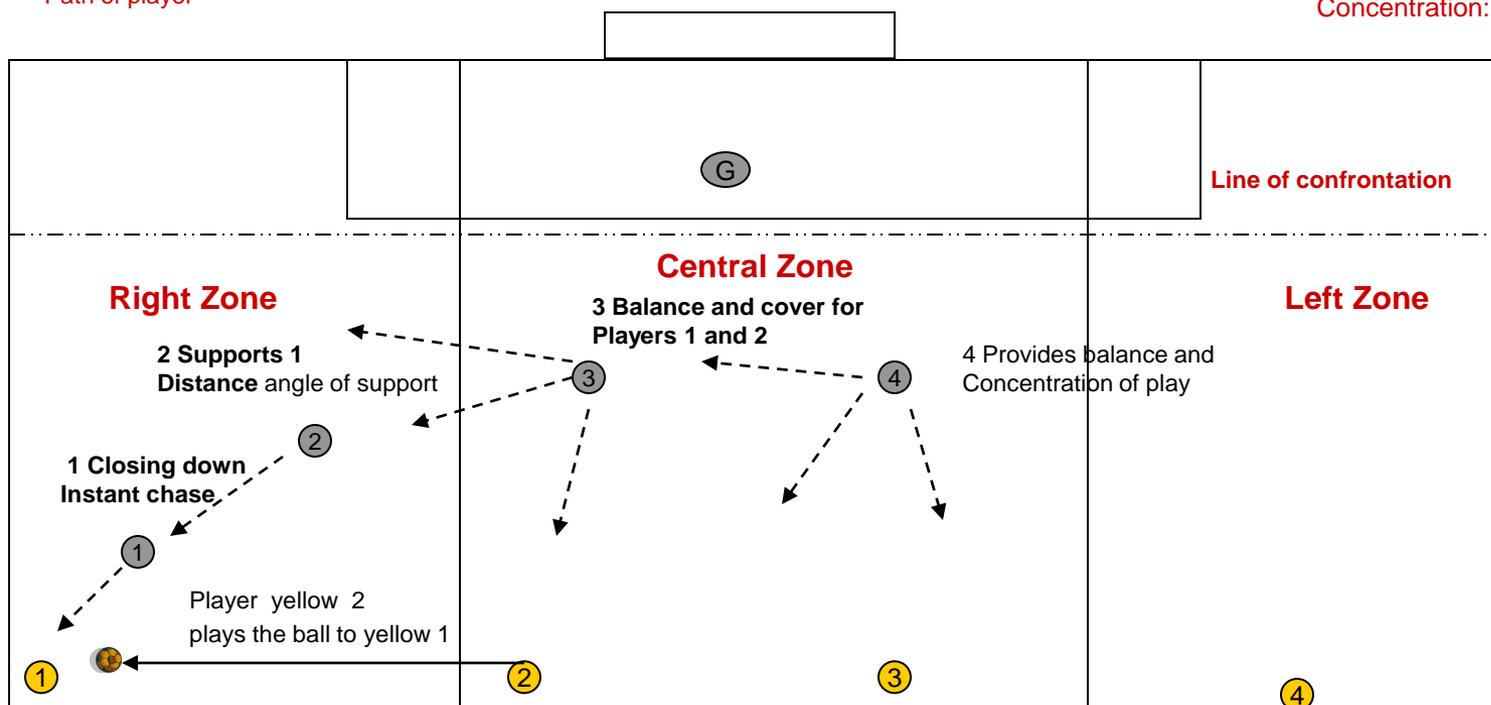
Forcing play into team mates/ restricted space

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 - - - - - Line of confrontation
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Zonal Defending

Principles of Zonal Defense

- Pressure:** Instant Chase
Cover: Defensive support
Balance: Second defender
Concentration: Closing down space



The goal of this session is to introduce the players to Zonal marking when defending

In Zonal Defending we split the field into 3 different Zones. Each player is responsible for their own zone and must supply cover to the player next to them. The central Zone is the most dangerous as it is where the goal is and also where the attacking team will have more options to attack from. When pressure comes into play the defending team looks to channel or contain the opponents in one zone and tries to compact the field without losing their team shape.

The last line of confrontation in this example is the edge of the 18 yard box, as attacking players enter the box and into the Central Zone especially, the defending team must now mark "man for man" as it is too close the goal to pass attackers on to other teammates. Defenders must not overlap each other and must remain in a good compacted shape.

A vital part of Zonal defending is communication skills, defenders must be aware of dangers and communicate them to their teammates. The team must be comfortable in letting the attack move in and out of the different Zones with the attacking movement communicated throughout the defensive lines

Principles of Zonal Defense

Pressure: Instant Chase

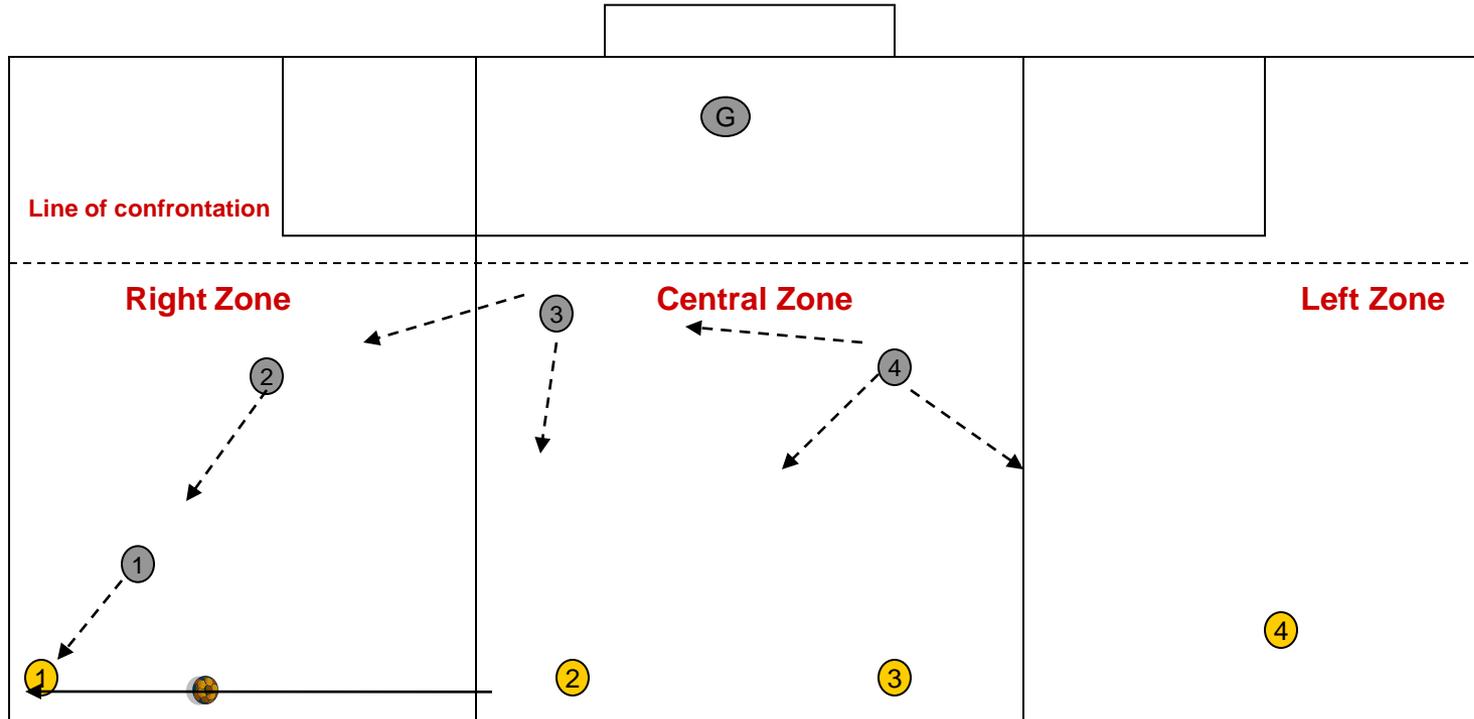
Cover: Defensive support

Balance: Second defender

Concentration: Closing down space

----- Line of confrontation
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Zonal Defending

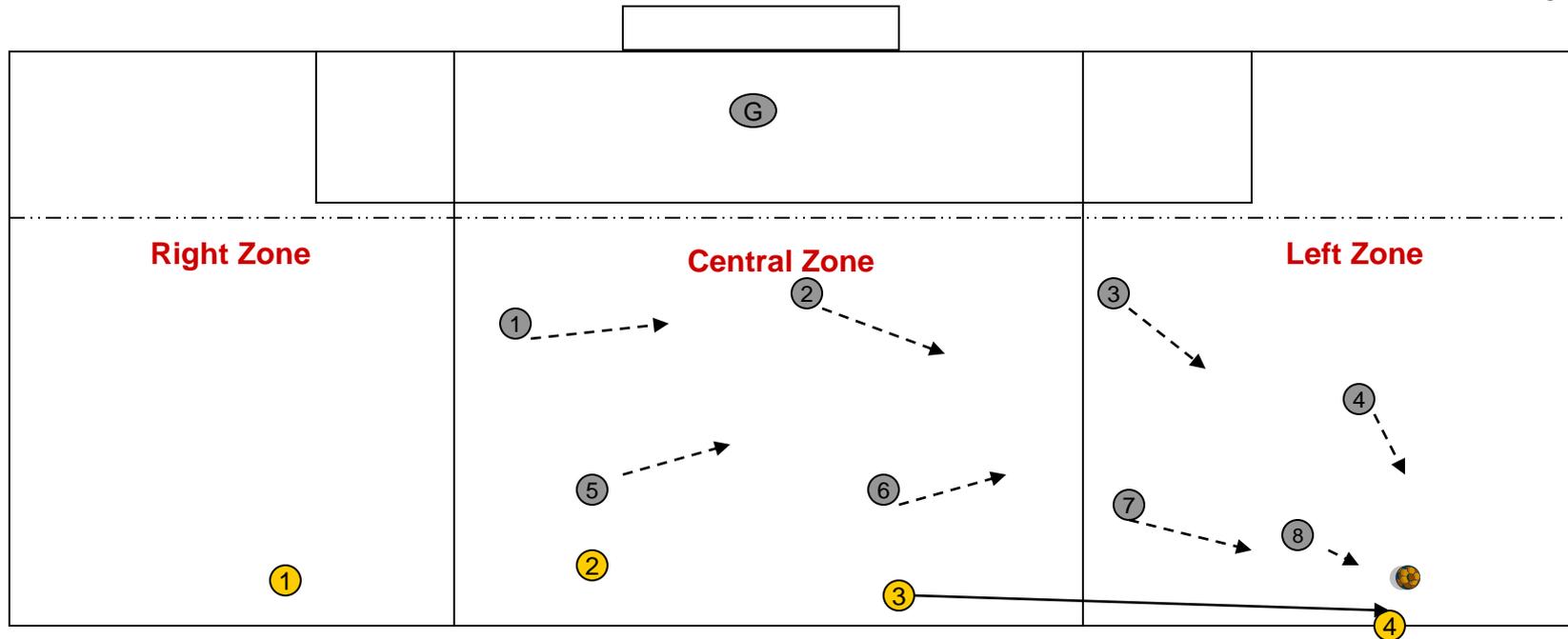


- In half the field the coach has attacking players numbered from 1-4 yellow. Defending players 1-4 grey. Coach calls out a number and the attacking players pass the ball to that number and the defenders react accordingly
- 1. Observe and coach the communication between the team from the goalkeeper through to defending players
- 2. Observe the speed, and angle in which the 1st defender closes down the attacker as the ball is traveling across the field
Instant Chase pressure/angle of approach
- 3. Observe the position in which the 2nd defender covers 1st defender **Cover**
- 4. Observe the position of the 3rd defender in relation to the balance of the team **Balance**
- 5. Observe the compactness of the team without over committing **Compact**
- 6. Maintain Defending line of confrontation. Goalkeeper providing cover and support to back four, defending man for man

Zonal Defending, Adding midfield

- - - - - Line of confrontation
 ——— Path of Ball
 - - - - - Path of Player

Pressure: Instant Chase
Cover: Defensive support
Balance: Second defender
Concentration: Closing down space



In half the field the coach has yellow attacking players numbered from 1-4, and grey defending players numbered 1 through 8. Coach calls a number and the defending players react as if the ball is coming into their defensive Zone. Encourage communication through the team from the goalkeeper to the back four and onto Midfield. Observe player # 8 forcing the yellow player down the line onto his supporting defender grey #4 and away from the goal.

1. Observe the speed, and angle in which the 1st defender closes down the attacker as the ball is traveling
Instant Chase pressure/angle of approach
2. Observe which player is the covering player- if the midfield sends the attacker inside the midfield reacts. If the defender sends the attacker out (above) the defenders react and come across **Cover**
3. Observe the position of the 3rd defender in relation to the balance of the team **Balance**
4. Observe the compactness of the team without over committing **Compact**
5. Maintain defending line of confrontation along the 18 yard box Goalkeeper to provide cover, and support to back four. Defenders go man for man marking in and throughout the 18 yard box.

Pressure: Instant Chase

Cover: Defensive support

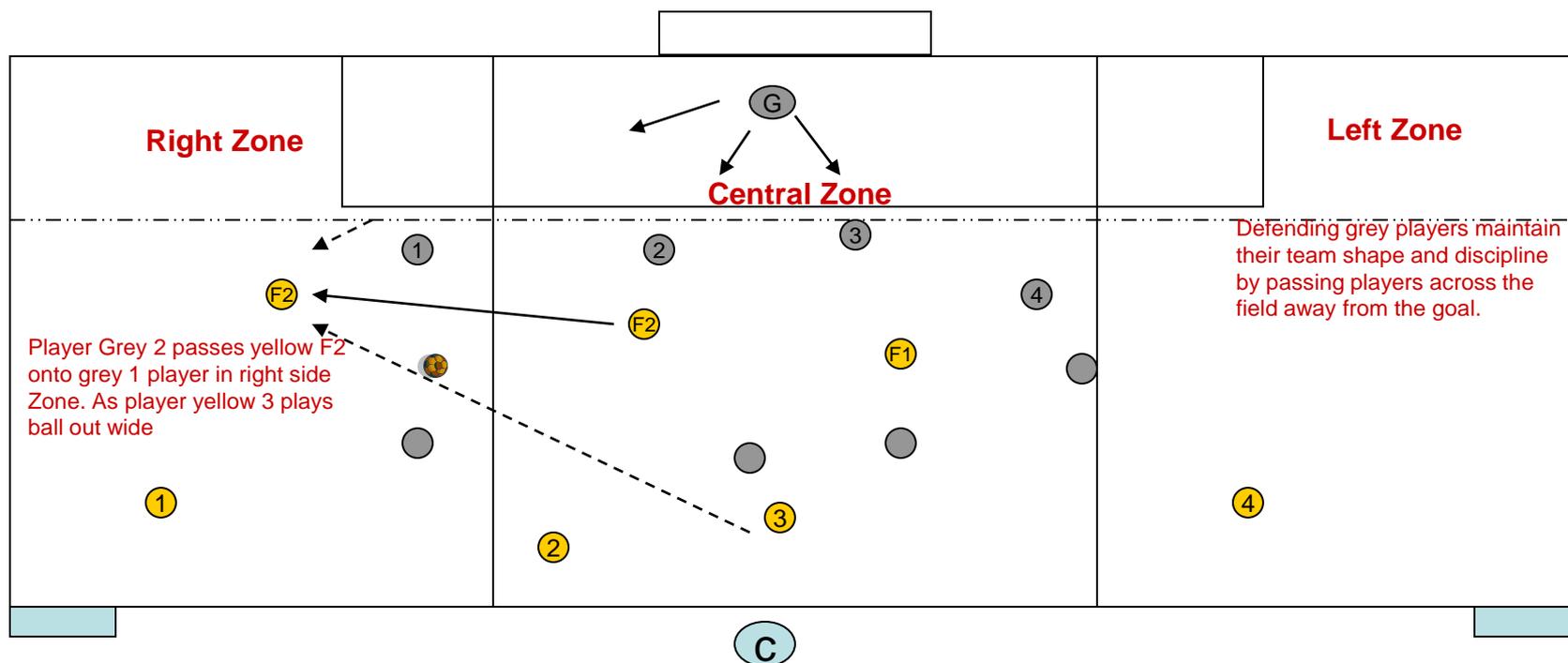
Balance: Second defender

Concentration: Closing down space

Zonal Defending

Adding Pressure and Transition

----- Line of confrontation
 _____ Path of Player
 - - - - - Path of Ball



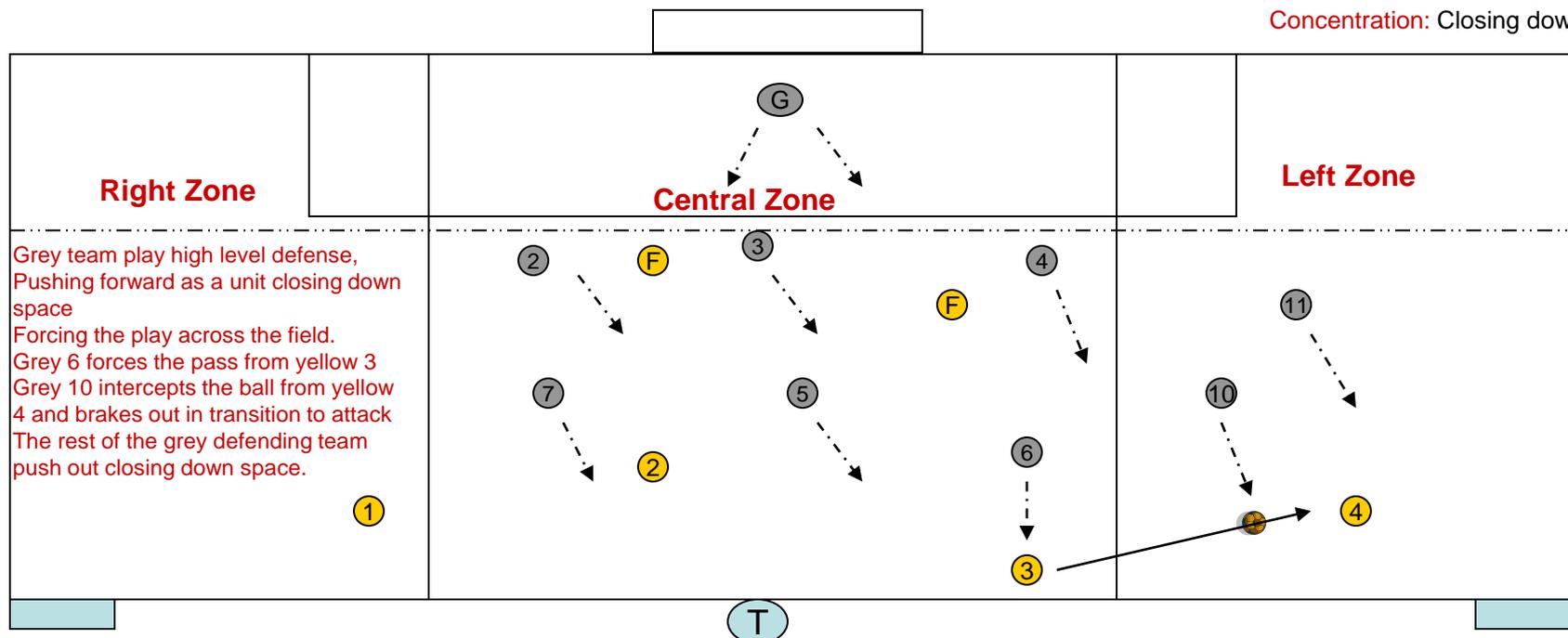
Defending team now has the option to either attack through the wide goals or find the target (coach). Game is started by yellow attacker dribbling in. Attacking team has two forwards F1 and F2 and scores in the goal.

1. Encourage communication between the team from the goalkeeper through to defense and onto Midfield
2. Observe the speed, and angle in which the 1st defender closes down the attacker as the ball is traveling
Instant Chase pressure/angle of approach
3. Observe which player covers depending on the direction of the attack **Cover**
4. Observe the position of the 3rd defender in relation to the balance of the team **Balance**
5. Observe the defenders ability to track and pass on attackers
6. Observe the compactness without over commitment of the team and the speed of transition **Compactness**
7. Maintain defending line of confrontation along the 18 yard box. Goalkeeper to provide cover, and support to back four..

Principles of Zonal Defense**Pressure:** Instant Chase**Cover:** Defensive support**Balance:** Second defender**Concentration:** Closing down space

Zonal Defending-Pressure-Transition

----- Line of confrontation
 _____ Path of Ball
 - - - - - Path of Player



Grey team defend the goal and attempt to score by running the ball to the target player or through the 3yard wide goals on the side lines to score. Adding pressure to the ball the team is looking to channel the ball either away to their zonal supporting players or into an area they can lock down and compress. Players must push out as a unit staying in good supporting distance and angles ready to support the player with the ball. Observe transitioning from defense to attack.

1. Encourage communication between the team from the goalkeeper through to defense and onto midfield. **Pressure**
2. Observe the speed, and angle in which the 1st defender closes down the attacker 3 and forces the pass to attacker 4 **Instant Chase pressure/angle of approach making the play predictable**
3. Observe which player anticipates the pass and transitions to attack. **Transition**
4. Observe the position of the rest of the team, pushing out to keep the shape of the team in tact. **Supporting**
5. Observe the defenders distance of support they give each other provide a balance of players around the ball. **Balance**
6. Observe the compactness of the team and the speed of transition **Compactness**

Zonal Defending-Pressure/Transition

----- Line of confrontation

----- Path of Ball

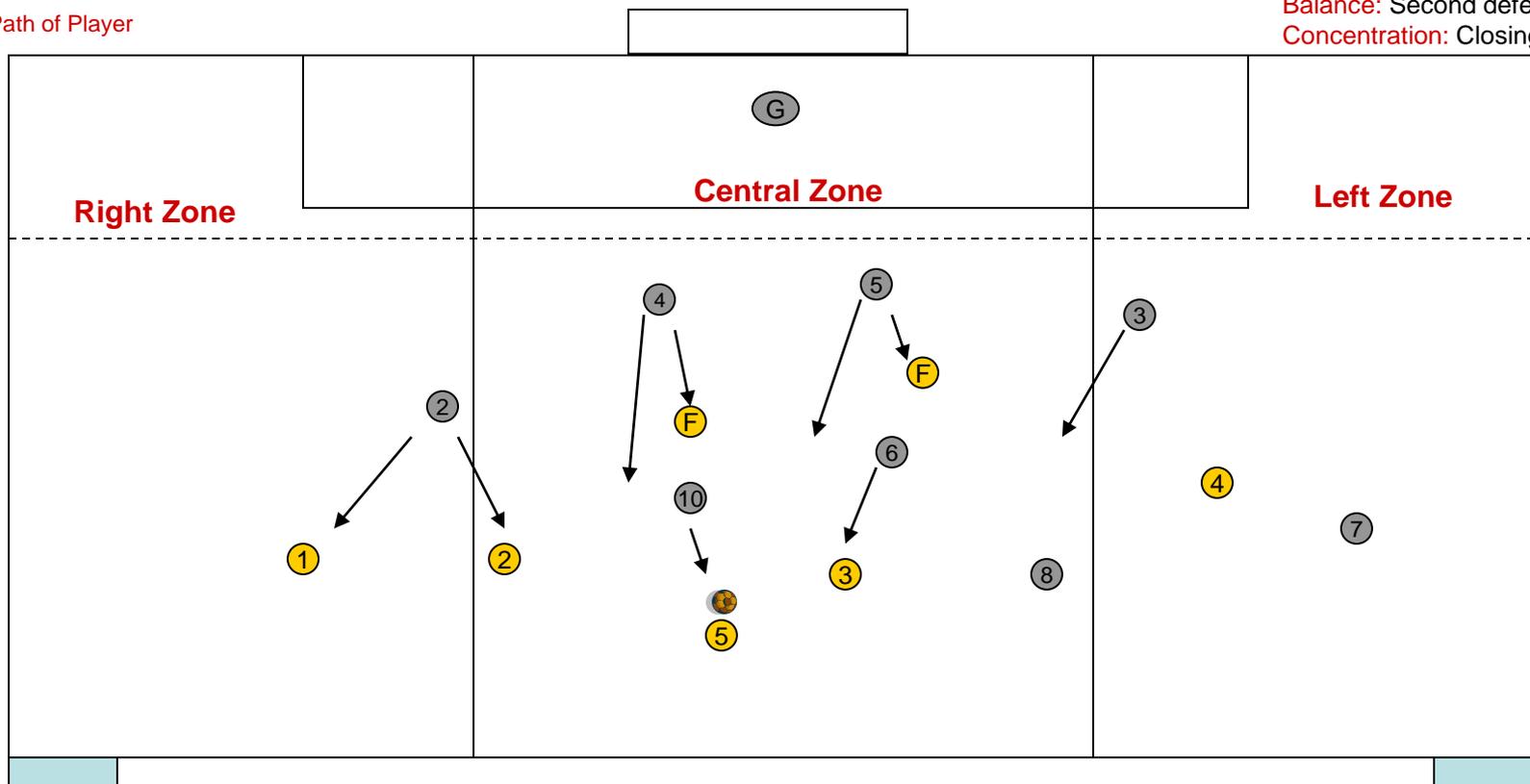
----- Path of Player

Pressure: Instant Chase

Cover: Defensive support

Balance: Second defender

Concentration: Closing down space



Grey defenders compress the play through the middle of the field Zone keeping compact, balanced and in position to steal the ball and brake out to the wide positions on the wide left through grey 7. Winning the ball by playing high up the field gives the defending team opportunities to get the ball out wide. 10 and 6 grey form a shield in front of the back four defenders

1. Encourage communication between the team from the goalkeeper through to defense and onto midfield.
2. Observe the speed, and angle in which the 1st defender grey 10 closes down the midfielder as the ball is traveling

Instant Chase pressure/angle of approach

- 3 Observe the position of 3rd defenders Grey #4 #5 in relation to the balance of the team **Balance**
- 4 Observe the defenders ability to apply pressure by playing high up the field restricting space. **Pressure**
- 5 Observe the compactness of the team and the speed of transition **Compactness.**

Zonal Defending the Game

—— Path of Ball

----- Path of Player

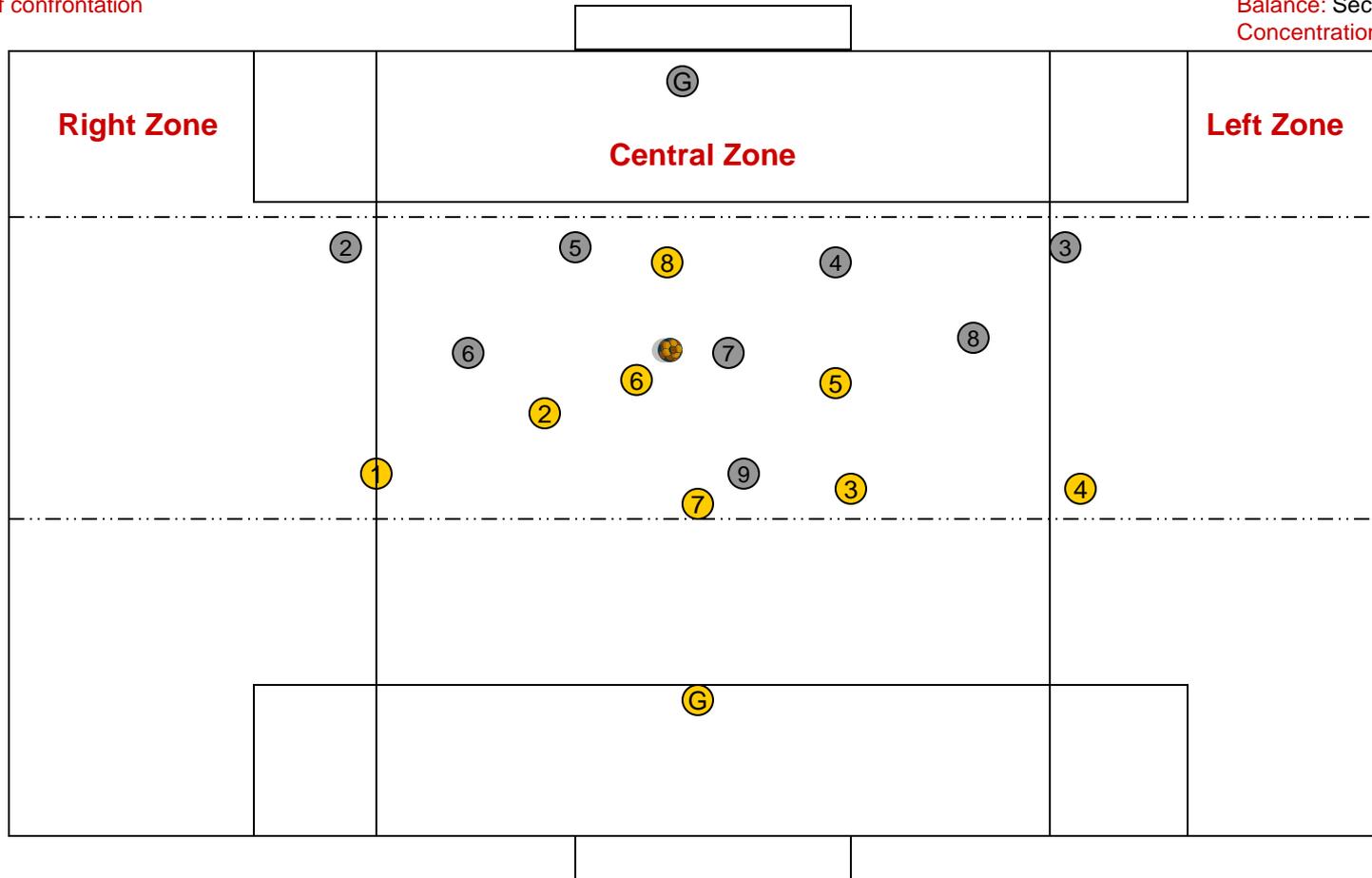
-.-.-.- Line of confrontation

Pressure: Instant Chase

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Game conditioned, players 9 v 9 + Goalkeeper 4-3-1 formation, field 80 x 65. Free play to goals

Observe Zonal defending Good team shape, communication. Good one to one defending.

Yellow team play high up the field and press to put pressure on the grey team.

Grey play deeper and defend across the edge of the 18 yard line

1 Observe to coach Pressure on the ball closing down players quickly angle of approach speed of approach, making play predictable

2 Channeling players away from the goal out wide or across the field, onto supporting defenders

3 Second defender providing a good supporting position for the first defender giving good information to first defender.

4 Third player providing balance and compactness and concentration of players for the team

5 Attempt to get numbers up in one specific Zone. Encourage wide players to maintain width when possible, tuck in when not in possession