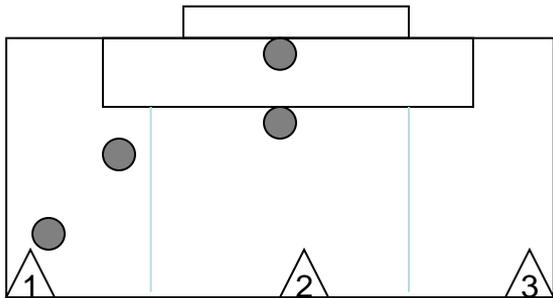


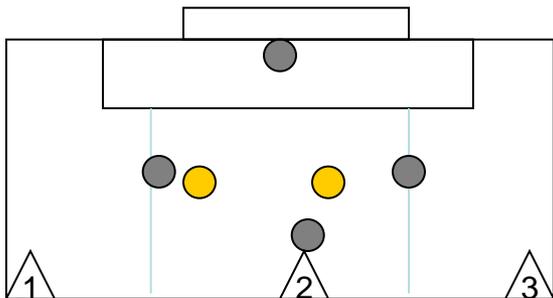


→ Ball
 - - - - - Player

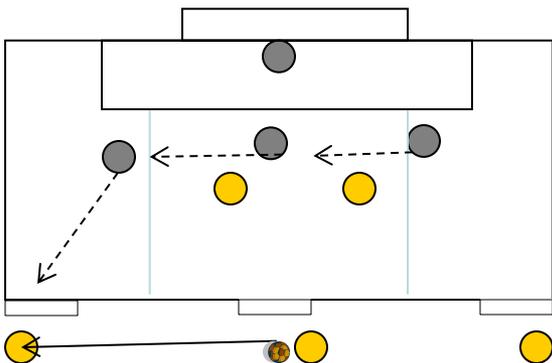
Zonal Defending



Side cone is called out and far zone is given away



Central cone is called out and side zones are given away



Organization

Coaching the back line

Area 40x25 1 goal keeper 3 defenders with three numbered cones

Field is split up into 3 zones

Coach calls out number and players react as if the ball was at that cone

Add in 3 three yard goals

Add in Forwards and 3 servers to replace cones.

Ball is not live until it is dribbled or passed into the field of play

Servers pass the ball across the field until they choose where to attack

When defenders win the ball they pass through central or wide goals

Coaching Points

•1st defender –

1. Communicate (I've got ball)
2. Speed – close as quickly as possible
3. Distance- stop within tackling distance (2 yards)
4. Shift across-leave the far zone empty when opponents attack from wide and both wide channels empty when opponents attack centrally
5. When forwards are in play- approach at angle to cut off central pass

•2nd defender

1. Support either inside or out based on 1st defenders body shape
2. Distance- be in a place to cover but not too close to be beaten with 1 pass
3. Angle – be diagonal and behind 1st defender

•3rd defender balanced

1. Communication – to all
2. Be ready to track runners
3. Monitor the offside line
4. Be ready if the ball is switched across the field

•Goalkeeper – Communicate and cover all space behind defenders



→ Ball
 -----> Player

Zonal Defending



Organization

Adding the midfield

Area ½ of field

1 goal keeper 3 defenders and 3 midfielders
 three numbered cones

Field is split up into 7 zones with the 7th being the goalkeepers penalty area

Coach calls out number and players react as if the ball was at that cone

Make sure you coach the correct zone activation based on the approach by the 1st defender

Coaching Points

•1st defender –

1. Communicate (I've got ball)
2. Speed – close as quickly as possible
3. When forwards are in play approach at angle to cut off central pass
4. Distance- get within tackling distance

•2nd defender

1. Recognition of zonal support either a midfielder or a defender

2. Distance- Step into 1st defenders area and be in a place to cover but not too close to be beaten with 1 pass

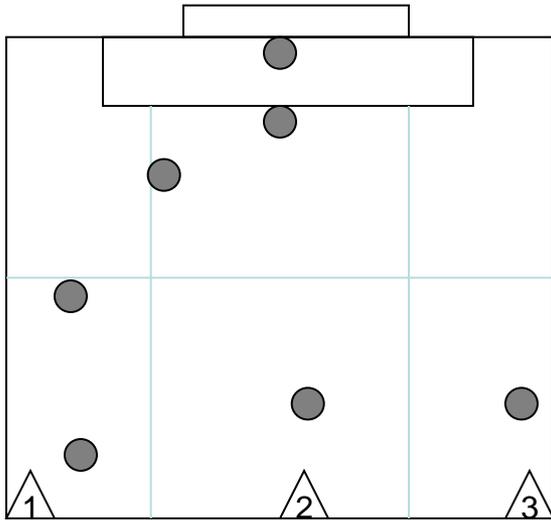
3. Angle- Diagonal and behind the 1st defender

•3rd defender balanced

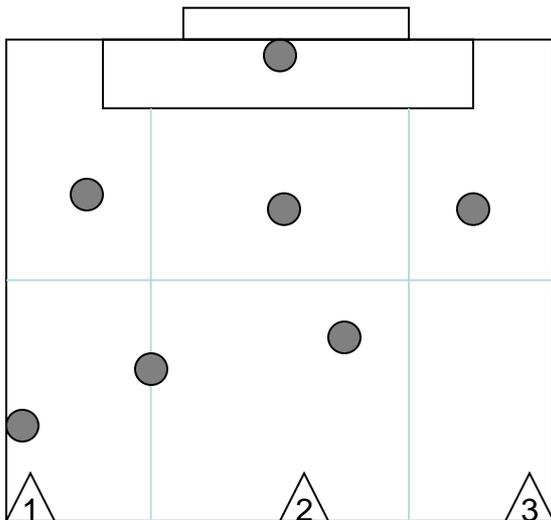
1. Communication – to all
2. Be ready to track runners
3. Monitor the offside line
4. Be ready if the ball is switched across the field

•Goalkeeper – coverage of space behind defenders

•Communication



Side cone is called out and wide midfielder channels out and activates the defenders

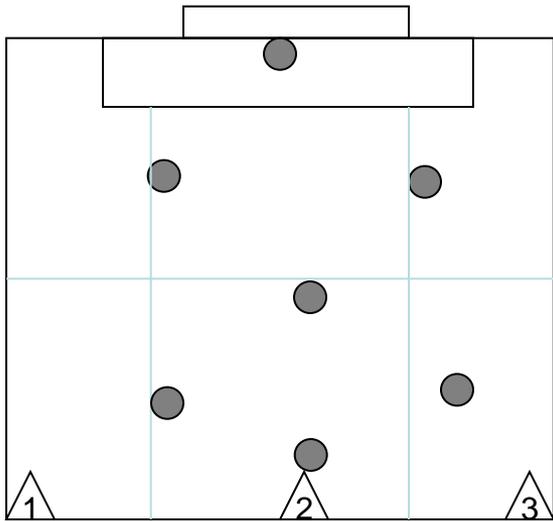


Side one is called out and wide midfielder channels in and activates the midfielders

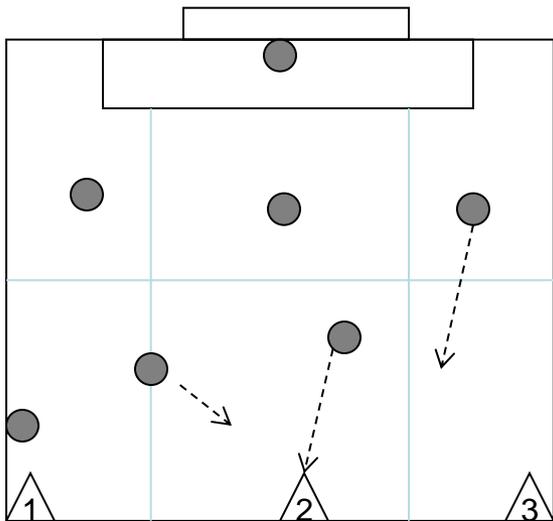


→ Ball
 - - - - - Player

Zonal Defending



Central cone is called out and center defender steps forward with outside defenders covering



Central cone is called out after wide cone and wide Midfielder becomes the 1st defender

Organization

Adding the midfield

Area ½ of field

1 goal keeper 3 defenders and 3 midfielders
 three numbered cones

Field is split up into 7 zones with the 7th being the goalkeepers penalty area

Coach calls out number and players react as if the ball was at that cone

Coach calls out a wide cone with the defender channeling inside and then a central cone

This forces the outside midfielder to become the 1st defender and either the central midfielder or outside defender to be in a position to cover

Coaching Points

- 1st defender –
 1. Communicate (I've got ball)
 2. Speed – close as quickly as possible
 3. When forwards are in play approach at angle to cut off central pass
 4. Distance- get within tackling distance
- 2nd defender
 1. Recognition of zonal support either a midfielder or a defender
 2. Distance- Step into 1st defenders area and be in a place to cover but not too close to be beaten with 1 pass
 3. Angle- Diagonal and behind the 1st defender
- 3rd defender balanced
 1. Communication – to all
 2. Be ready to track runners
 3. Monitor the offside line
 4. Be ready if the ball is switched across the field
- Goalkeeper – coverage of space behind defenders
- Communication



→ Ball
 - - - - - Player

Zonal Defending



Organization

Now pressure is added

Coach controls the start of the game

Coach can add a go to player for the yellow team and defensive team must channel the ball away from them

Coaching Points

•1st defender –

1. Communicate (I've got ball)
2. Speed – close as quickly as possible
3. When forwards are in play approach at angle to cut off central pass
4. Distance- get within tackling distance

•2nd defender

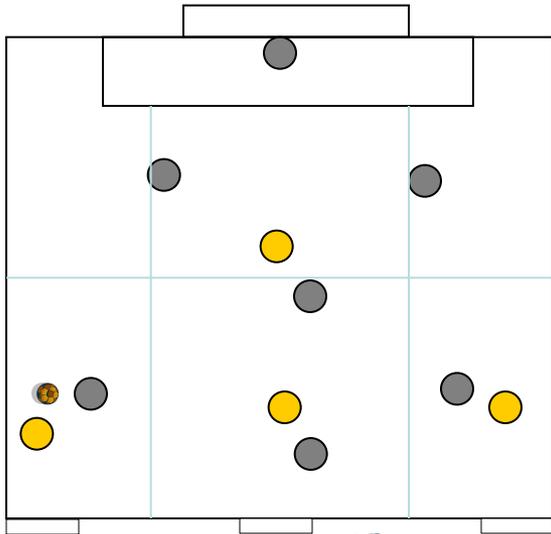
1. Recognition of zonal support either a midfielder or a defender
2. Distance- Step into 1st defenders area and be in a place to cover but not too close to be beaten with 1 pass
3. Angle- Diagonal and behind the 1st defender

•3rd defender balanced

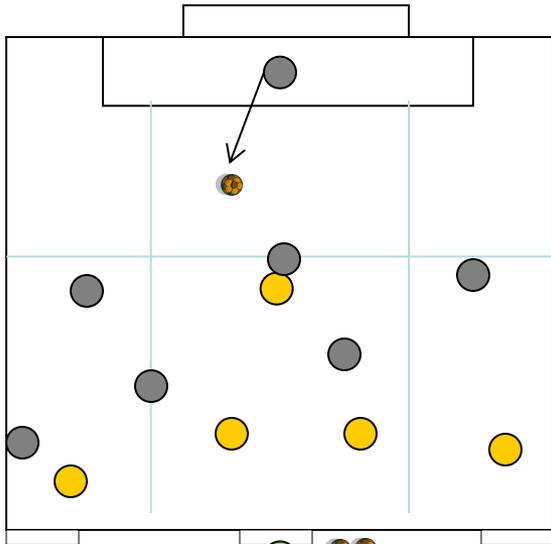
1. Communication – to all
2. Be ready to track runners
3. Monitor the offside line
4. Be ready if the ball is switched across the field

•Goalkeeper – coverage of space behind defenders

•Communication



Coach starts by passing to a wide player
 Outside D Zones as midfielder forces wide



Coach plays the ball behind the back line for the Goalkeeper
 To zone