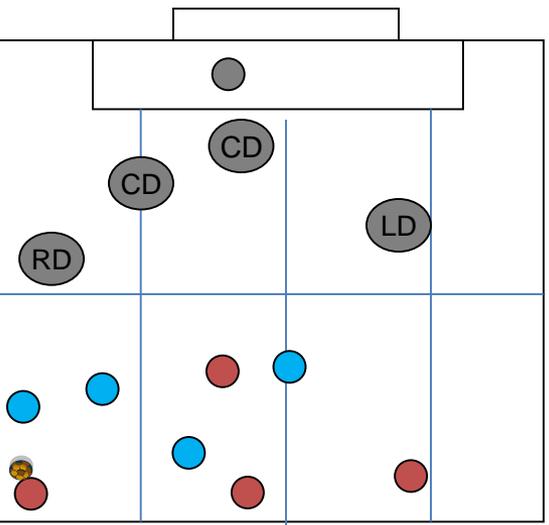
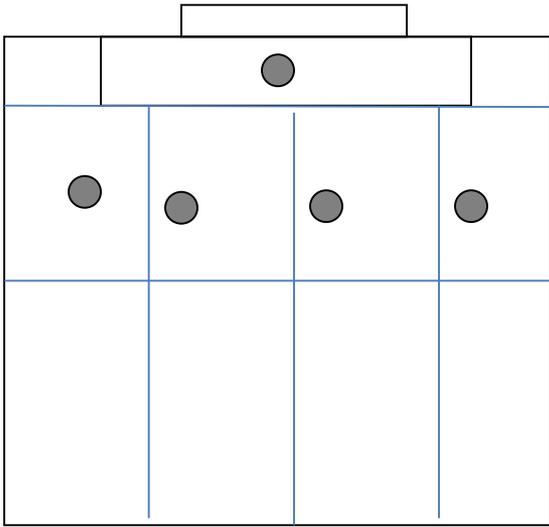




→ Ball
 ----- Player

Zonal Defending



The ball is in front of the right defender zone so the right defender moves to the top of the zone and the central defenders cover diagonally. The left zone has been given up

Organization

Area ½ the field marked out into 8 zones with 2 central zones and 2 wide zones – 2 central zones start 5 yards along the 18yard box

3 teams 1 goalkeeper
 1 team is the defending team and 2 teams play a possession game

Start all players in their actual zone having them recognize what is their zone and who they cover

The goalkeeper is covering the back zone behind the area for the possession game is half of a half and the groups remain separated and don't cross lines of defending team and possession teams

The coach will coach the defending team and encourage the possession team to have a good shape and move the ball across the field

As the ball moves in the possession game coach the defending team how to zone and how to cover

As the players gain confidence do the same one in the next zone up defending the halfway line

Coaching Points

- 1st defender –
 1. Be ready to be the 1st defender – weight forwards
 2. Communicate (I've got ball)
 3. Speed – close as quickly as possible -be ready to channel

- 2nd defender
 1. Recognition of zonal support
 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
 4. When to stay central and when to cover wide

- 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

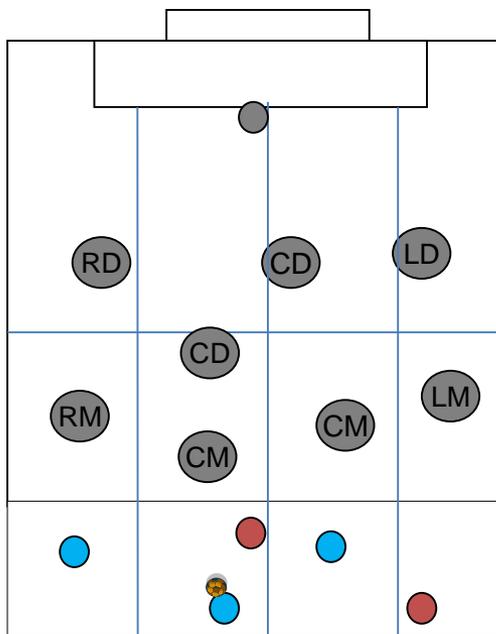
- Recognition of which zone to give up
- Goalkeeper – coverage of space behind defenders

- Move up as the team moves up
- Communication



→ Ball
 - - - - - Player

Zonal Defending



Organization

Now we add in the midfield

Coach the 1st line pressure and the 2nd line when to step in and cover

Coach the players on the line behind the pressing midfield zone on how they shift to cover

Possession is at central midfield
 Central midfielder pressures at top of their zone
 CD steps in to cover- back line covers CD

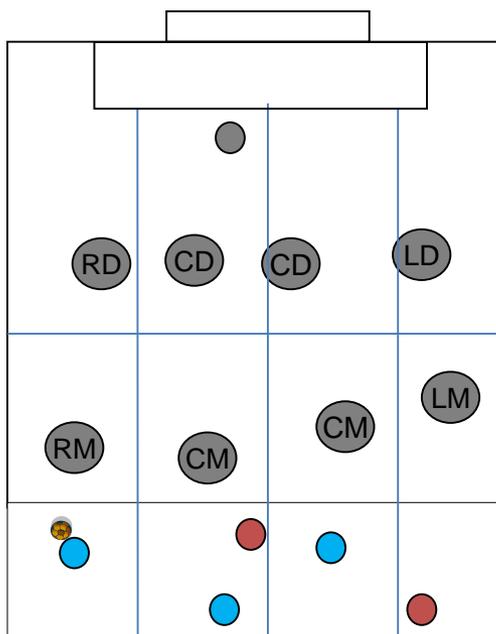
Coaching Points

- 1st defender –
 1. Be ready to be the 1st defender – weight forwards
 2. Communicate (I've got ball)
 3. Speed – close as quickly as possible -be ready to channel

- 2nd defender
 1. Recognition of zonal support
 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

- Recognition of which zone to give up
- Goalkeeper – coverage of space behind defenders has now stepped up into the defenders zone
- Communication



Now the ball is wide and the outside midfielder steps to the edge of their zone

The key moment in this part is who the 2nd defender is

If the outside midfielder defends on the inside of the ball with their back to the middle of the field the right defender 2nd defends

If the outside defender defends level with the ball with their shoulders facing into the field then the central midfielder is the 2nd defender

In this exercise the outside player(either midfielder or defender) based on which lines doesn't 2nd defend is the outlet and closest to the opposite touchline

Now allow the remaining players to play against the 8 with counter goals