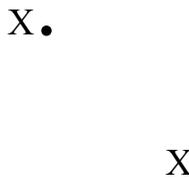
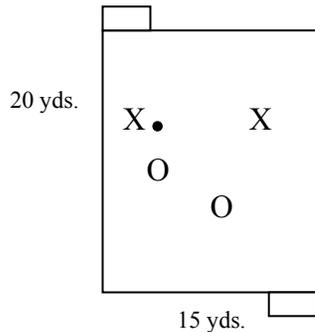
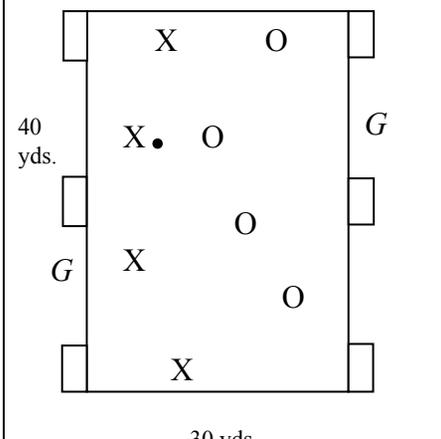
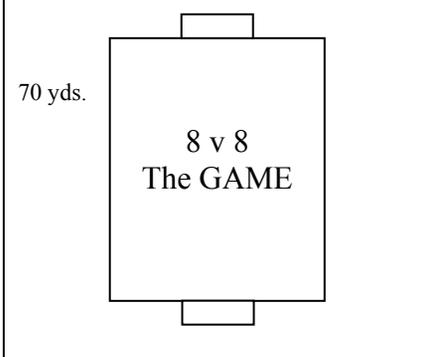


Topic: **Zonal Defending**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Passing and moving in pairs, one ball between two. Define area if necessary. Stretch.</p>	<ul style="list-style-type: none"> ▪ After a few passes, one player stops the ball with the sole of their foot and their partner sprints to touch the ball as quickly as possible. Repeat. ▪ After a few passes, one player allows the ball to go through their legs. Once the ball goes through their legs, that player turns with the ball and their partner then sprints to close the distance and deny the player on the ball any opportunity to turn. Repeat. 		<ul style="list-style-type: none"> ✓ Speed and angle of approach ✓ Proper body position and shape with respect to the ball ✓ Quick reactions and ability to close and deny space immediately
Restricted			
<p>2 v 2 defending exercise to two small goals (15 x 20 area or as needed).</p>	<ul style="list-style-type: none"> ▪ 2 v 2 soccer with teams divided equally. Designate one team to defend and rotate after time or allotted goals. ▪ Form two grids to increase player repetitions and opportunities to defend. Coach must be proficient in managing two grids or utilize an Assistant. ▪ 2 v 2 + 1 (20 x 25 area or as needed). Neutral player plays for team in possession. Focus on the defending two and how they deal with numbers up in the attack. 		<ul style="list-style-type: none"> ✓ Immediate pressure to the ball ✓ Communication between defenders (verbal and visual) ✓ Do not cross in front of teammate while defending. This eliminates “ball chasing” and encourages passing players off for help ✓ Once a player drops in behind, another defender steps up to pressure the ball immediately

Topic: **Zonal Defending**

Counter Goals and/or Lines			
<p>4 v 4 + 2 goalkeepers to 6 small goals (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> ▪ 4 v 4 in the middle with a goalkeeper laterally defending the three goals on each side. ▪ Goals are awarded by penetrating one of the opponents three small goals. The goalkeeper attempts to deny the opponent open opportunities on goal. ▪ A goal can be awarded if the goalkeeper makes a save and distributes the ball (throw only) through an opponent's goal. ▪ If necessary, add a neutral player and adjust the field accordingly. 		<ul style="list-style-type: none"> ✓ Visual cues from the attacking team ✓ Defending shape and balance with movement of the ball ✓ Deny long diagonal or penetrating passes ✓ Compactness of the field to limit attacking space and options ✓ Defensive starting positions in transition
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 2:3:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Zonal defending ✓ Counter attack ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session