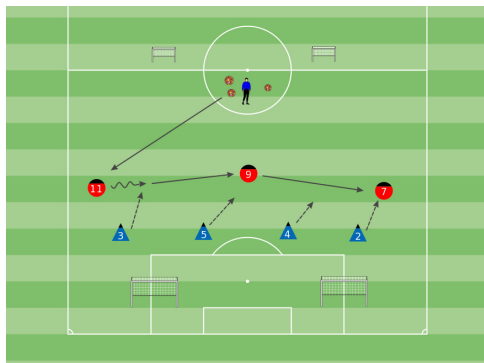


TRAINING SESSION: DEFENDING PRINCIPLES - IMPROVING TEAMS ABILITY TO DEFEND ZONALLY

Objectives

To improve the ability of the defensive line and midfield line to work together to maintain a better balanced defensive shape and compact the field vertically and horizontally when the opponent has possession of the ball and is attacking. Who? #1, #2, #3, #4, #5 and #6, #8, #10 What? Technique of: Defending, Tackling, Redirecting aerial balls and crosses.

Warm Up - Flat 4 Zone Defending w/Transitioning



4 v 3

2 Mini Goals, Soccer balls

Intensity: 8

10:00 min
(x 00:00 min, 00:00 min rest)

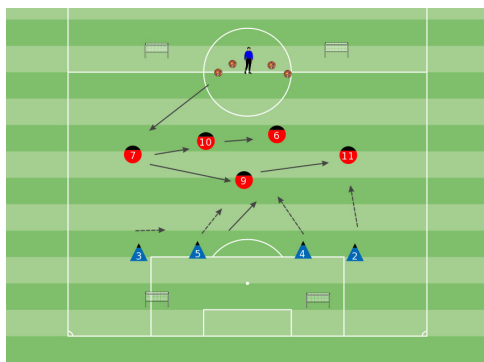
Coaching Points

What? Technique: Angle of Approach, Speed of Approach, Body Shape, Pressing distance, Angle of Coverage, Foot work, Head still and eyes on ball.

Description

Red starts the warm up and moves soccer ball side to side. Target team moves side to side as ball moves. Target team is keying on 1st defender closest to the ball applying pressure, 2nd defender as support and 3rd defender keeping balance.

Small Sided - 4 v 5 Zonal Defending



4 v 5

2 Mini Goals, Soccer Ball

Intensity: 8

15:00 min
(x 00:00 min, 00:00 min rest)

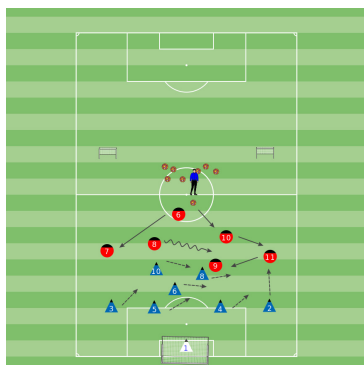
Coaching Points

Technique: Angle of approach, Speed of approach, Body Shape, Foot work, Pressing distance, Angle of coverage, Distance from pressing defender, Head still eyes on ball. Offsides applies to opposing attacking team.

Description

Red team applies an attack against target team in blue. Target team objective is to stop/delay attack using defending principles of 1st defender closest to the ball, 2nd defender next closest to 1st defender and support, 3rd defender everyone else.

Expanded 6 v 7 - Zone Defending



6 v 7

2 Mini Goals and Soccer Ball

Intensity: 8

20:00 min
(x 00:00 min, 00:00 min rest)

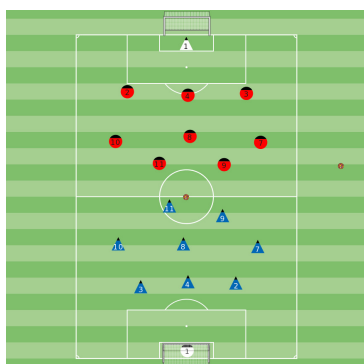
Coaching Points

Technique: Angle of approach, Speed of approach, Body Shape, Foot work, Pressing distance, compactness, Redirecting the ball, Pressure, Delay, Cover.

Description

Target team tries to defend using zones against attacking team in defensive 3rd of the field. Defensive principles apply, 1st defender is applying pressure closest to the ball, 2nd defender is support, and 3rd defender is providing balance.

Game 9 v 9



9 v 9

Full Field, Soccer Balls

Intensity: 8

30:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Principles of Defense: Pressure - Who? When? Why? Delay - When? Where? Cover - Who? When? Where? Why? Balance - Who? When? Where? Why? Compactness of Defense, Control and Restraint

Description

Target Team (Blue) vs Opposing Team (Red)