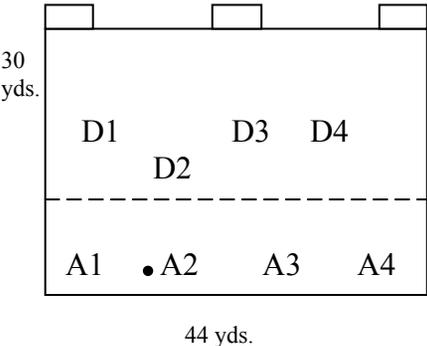
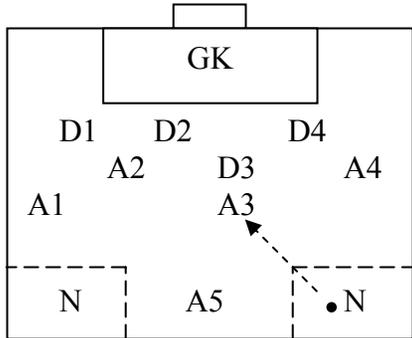
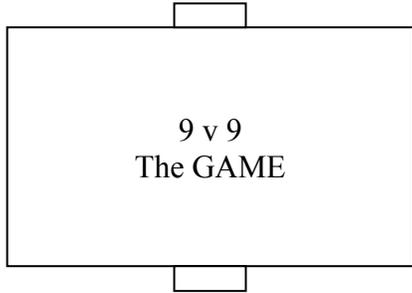


Topic: **Zonal Defending II**

Organization	Variations/Principles	Diagram	Coaching Points
Unrestricted			
<p>Balance exercise. Full team, organized in groups of three. ½ field.</p> <p>Stretch.</p>	<p>Phase I:</p> <ul style="list-style-type: none"> Spread out with approximately 10 yards between each player. Objective is for the [middle] player to stay centered between the two outside players as they jog and move around (change speed and direction). Rotate roles and repeat. <p>Phase II:</p> <ul style="list-style-type: none"> Add a ball. Same as above. Rotate roles and repeat. 	<p>1.</p>  <p>2.</p> 	<ul style="list-style-type: none"> ✓ Body shape, balance and foot positioning (side-on) ✓ Quick reactions and ability to maintain balance under control ✓ Vision – ability to see (scan) both sides ✓ Proper angle and distance of balance
Restricted			
<p>Zonal defending exercise (30 x 44 yard area); four defenders (D1 – D4), and four attackers (A1 – A4).</p>	<ul style="list-style-type: none"> Attackers pass the ball back and forth across their zone in sequence (A1, A2, A3 to A4, etc). Defenders travel with the ball (e.g., when A2 has the ball, D2 pressures the ball, D1 and D3 cover, and D4 provides balance). Attackers must take no more than two touches. Attackers can pass in any sequence. Add two or three small goals on the far side (behind the defenders). Defenders try to deny any passes through the small goals. Rotate roles and repeat. 		<ul style="list-style-type: none"> ✓ Speed and angle of the pressuring player ✓ Positioning of covering and balancing defenders ✓ Immediate pressure on the ball to deny penetration ✓ Verbal and visual communication

Topic: **Zonal Defending II**

One Goal Counter Goal(s)			
<p>5 v 4 with goalkeepers to one large goal and counter targets (½ field). Neutral players play as supporting midfielders in the attack; and as [target] players for the defending team in transition.</p>	<ul style="list-style-type: none"> ▪ Five attackers play against four defenders – regular rules apply. ▪ Neutral players are confined to their [target] area and are limited to no more than two touches. ▪ If an attacker passes the ball back to one of the neutral players, that midfielder must switch the ball to the other neutral midfielder – changing the point of attack. 	<p style="text-align: center;">Attacking ½ Field</p> 	<ul style="list-style-type: none"> ✓ Defending shape and decision-making ✓ Defending position in relationship to the ball and the attacker ✓ Defenders adjustments and reaction to changing the point of attack, or when the ball is played back to supporting midfielders ✓ Timing of offside play
Two Goals			
<p>8 v 8 with goalkeepers to two large goals (¾ field).</p>	<ul style="list-style-type: none"> ▪ Possible formation 1:3:3:2 ▪ No restrictions 	<p style="text-align: center;">¾ Field</p> 	<ul style="list-style-type: none"> ✓ Coach within the game ✓ 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