

Zonal Defending

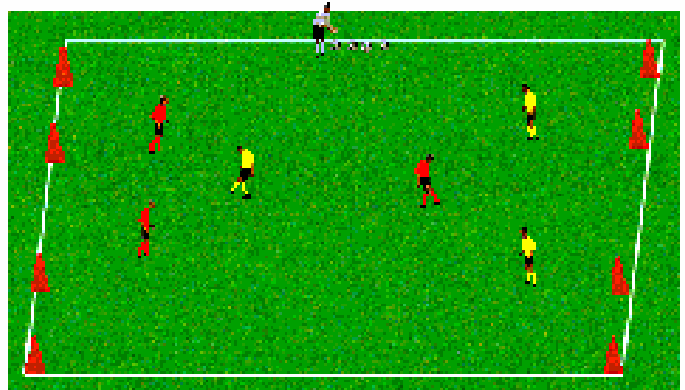
This session is one of many ways you can teach zonal defending. Whether you play with a flat back four or a semi-flat back three, the principles of defending-Pressure, cover, balance must be covered first with your team. If your team doesn't get pressure on the ball, then playing flat could be risky. Many people think that playing a flat back system is running an offside trap, but it isn't. As a defending unit, you are taking away the space for attacking players to run into by staying "short and tight" as a unit. As a team you are using the offside rule to your advantage that is all.

Warm-up

Groups of 6 or 8. Play handball in teams of 3 or 4. Team may only get the ball back if they tag the player with the ball. At first, no direction (just keepaway) Because the only way for the team to get the ball back is by tagging the player that has the ball, they are forced to get pressure on the ball.

1st Activity

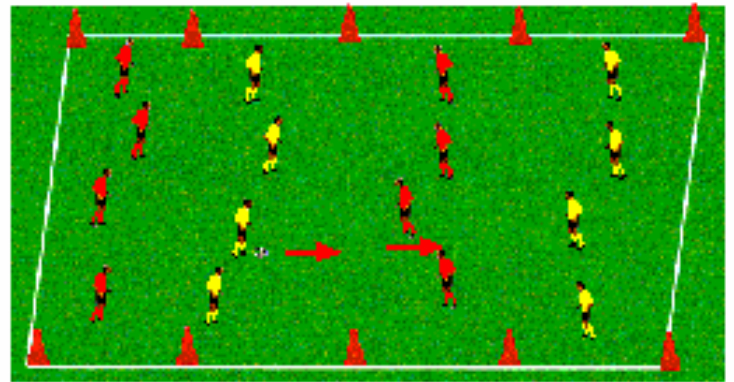
1v2 to 1 goal. Don't cross in front of each other. When win the ball play it back to the coach. Then attack the other pair. After attacking both pairs, another attacker comes on. "Don't cross in front-cross behind." Give all players the opportunity to defend zonally.



2nd Activity

Zonal Passing

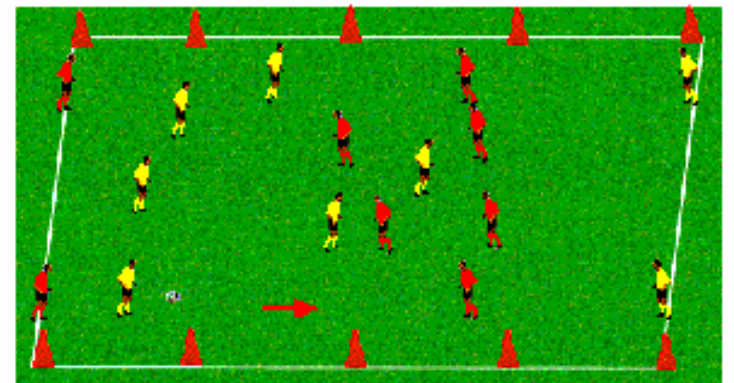
Two teams of 8. 4 players from each team are in a zone. Players are restrained to their zones. Try and pass through a zone that is filled with defenders from the other team. If the other team wins the ball, they try and play to their teammates. A point is scored when a team can pass the ball thru one zone to their teammates who then can pass it back thru. Great opportunity to show cover and to move as a unit.



3rd Activity

6v6 to 2 targets

Now play 6v6 formation play 4 backs and 2 mids. Attacking team plays ball to target to get a point. Put an offside line for attacking team. Show them how to let the other team run offside thru pressure on the ball, it allows the back players to squeeze and hold the line.



Concluding Activity

9v9 (gk's included) Play a 4-3-1 or 3-3-2 formation.

Focus on coaching the back players then the midfield and backs together. The goalkeeper is vital as well.

