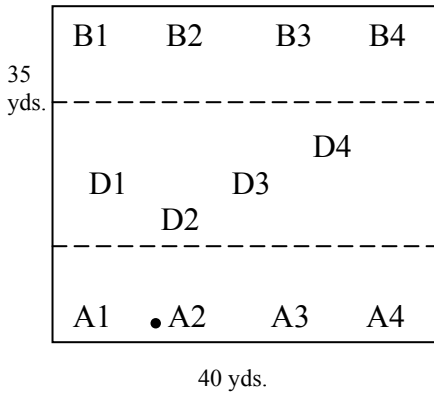
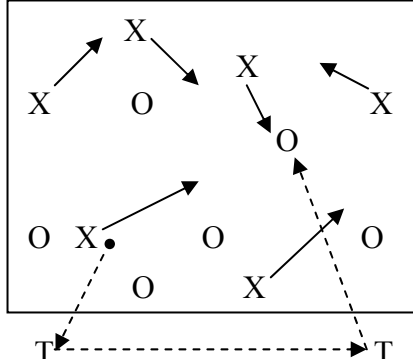
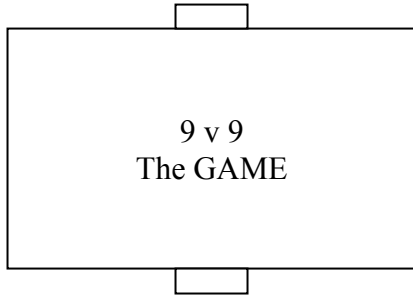


Topic: **Midfield [Zonal] Defending**

Organization	Variations/Principles	Diagram	Coaching Points
Unrestricted			
Balance and shape exercise. Full team, organized in groups of three. Approx. ½ field. Stretch.	Phase I: - 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. Phase II: - Add a ball. Same as above. Rotate roles and repeat.	1.  2. 	✓ 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			
Zonal defending exercise (35 x 40 yard area); four defenders (D1 – D4), and eight attackers (A1 – A4 and B1 – B4). The attacking space is 10 yards deep; the defending space [middle] is 15 yards deep.	<u>Demonstration</u>: Attackers pass the ball back and forth across in sequence (A1, A2, A3 to A4, etc). Defenders then travel with the ball (e.g., when A2 has the ball, D2 pressures the ball, D1 and D3 cover, and D4 provides balance). - Add attackers B1 – B4. - Objective is for the defending unit to not allow any penetrating balls through to the other side. <u>Note: all balls must be played on the ground.</u> - Limit touches to increase the demand on the defenders. - Rotate roles and repeat.		✓ Speed and angle of the pressuring player ✓ Immediate pressure on the ball to deny penetration ✓ Positioning of covering and balancing defenders ✓ Defending shape and balance with movement of the ball ✓ Verbal and visual communication

Topic: **Midfield [Zonal] Defending**

One Goal Counter Goal(s)			
6 v 6 with four (4) target players (approx. ½ field).	- Six attackers play against six defenders – regular rules apply. - If the attacking team successfully plays a penetrating ball to the target player, the target player [must] switch the ball immediately to the other target player. Quickly, the attacking team then transitions to the defending team. Continuous play.	Approx. ½ Field 	✓ Defend with patience and predictability ✓ Visual cues from the attacking team ✓ Defending starting positions in relationship to the ball ✓ Compactness of the field to limit attacking space and options ✓ Deny long diagonal or penetrating passes
Two Goals			
8 v 8 with goalkeepers to two large goals (approx. ¾ field).	- Possible formation 1:3:3:2. - No restrictions.	Approx. ¾ Field 	✓ Coach within the game ✓ All of the above
Cool Down			
Dynamic movements and static stretching.	- Focus on major muscle groups. - Reduce heart rate.		✓ Review Session