

Topic: Defending in own half, centrally

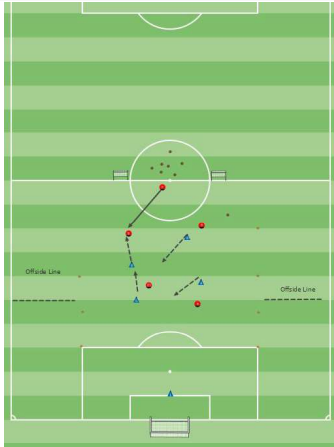
Objective: To prevent scoring opportunities

Player Actions: Defend, pass



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: Prevent goals

Organization:

Width of 18 - probably start shorter than shown and go longer if needed
5v4+GK

Ball starts at top

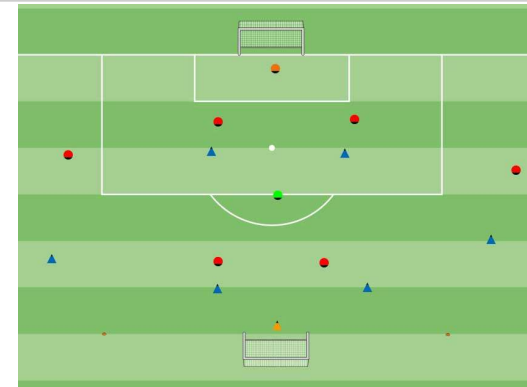
Coaching Points/Guided Questions

Who pressures? zonal defending principles

What does cover look like? Prevent split, able to pressure if teammate is beaten or ball is played.

If ball is played away and you were pressuring, what should your response be? Drop and squeeze

Once pressure is added in box, focus on not having them running back and forth but dropping with someone else coming in.



Objective: Prevent goals

Organization:

Width of field ad 45 yard length- focus on zonal defending
6v6 + Neutral and two GK

Coaching Points/Guided Questions

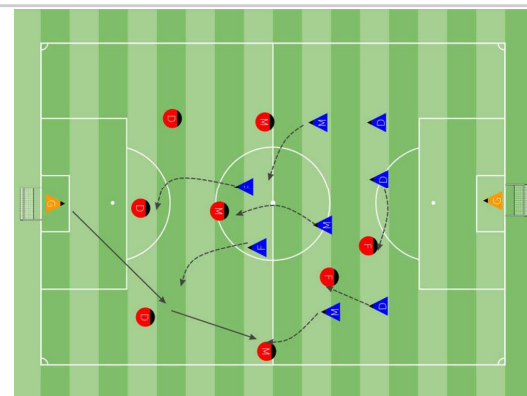
Who pressures? zonal defending principles

What does cover look like? Prevent split, able to pressure if teammate is beaten or ball is played.

If ball is played away and you were pressuring, what should your response be? Drop and squeeze

What happens when the neutral needs to be pressured?

Once pressure is added in box, focus on not having them running back and forth but dropping with someone else coming in.



Objective: Prevent goals

Organization:

Play 9v9 or 11v11 sooner

Coaching Points/Guided Questions

Focus on daily coaching points

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 9v9 or 11v11

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: When we are defending in our own half

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