

Warm up

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none"> Angle and speed of approach Defensive stance Marking 	<ul style="list-style-type: none"> Ball oriented defense Pressure, cover, balance Team compactness 	<ul style="list-style-type: none"> Speed, Agility, Coordination Flexibility training 	<ul style="list-style-type: none"> Introduction to Session theme

Zonal Defending Movements (Diagonal and triangle set up)

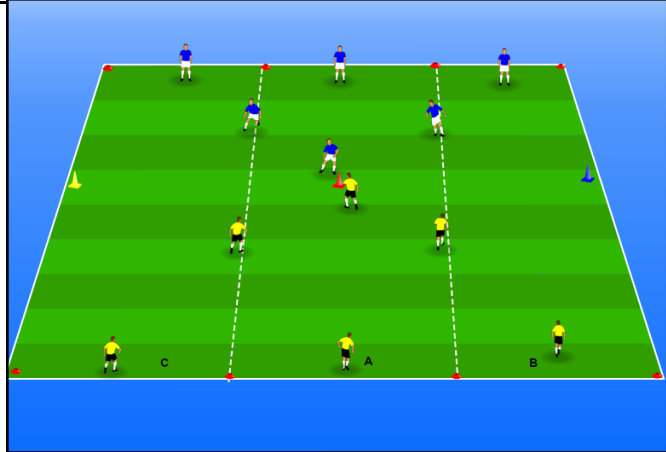
Duration 20

Area Size 30x20

Players 12

Organization

- Set up as per graphic 3 zone of 8x20 (yards)
- Set up one cone per zone of a different color
- Group players in the 3 zone A-B-C by color (blue and yellow)
- Both blue and yellow work at the same time.
- Players start at the end of their own grid line . When the coach calls a color, the player in that zone will attack the cone, while the others will provide cover.
- After the coach calls all 3 colors players jog to the opposite side or back to their starting point.
- Coach can incorporate dynamic stretching exercises.



Coaching Points

- When the coach calls the red cone, the central player will attack the cone while the other 2 players will set up diagonally to the central player forming a triangle
- When the coach calls either yellow or blue, the player in that zone will attack the cone while the central player sets up diagonally and the opposite player in line with the central player.(1 line of cover)
- On the way back players can perform dynamic exercises or if already warm some quick sprints

Technical Training

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none"> Angle and speed of approach Defensive stance Marking 	<ul style="list-style-type: none"> Ball oriented defense Pressure, cover, balance Team compactness 	<ul style="list-style-type: none"> Speed Agility coordination 	<ul style="list-style-type: none"> Working as a unit Cooperation Unit strength

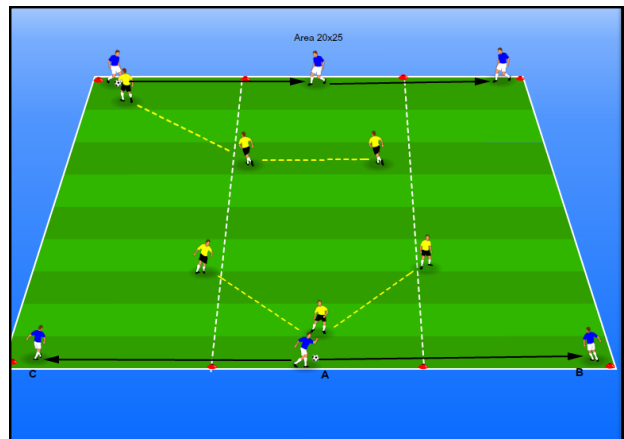
Passing and receiving while moving with the ball

Duration 20

Area Size 30x20

Players 12

- This exercise is like the previous one but now players move in relation to the ball movement.
- Coach to make sure that the outside players stand near the wide cones.
- Also players passing the ball will tend to go fast and not allowing the proper time for players to defend and get set. Coach needs to monitor the tempo and allow players to see their position in relation to each other.



Coaching Points

- As above
- Coach to pay attention at the players stance and distance from the ball.
- It is important to use this exercise to set some good habits. Challenging players always shows outside.

Game Situation

TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL
<ul style="list-style-type: none"> • Angle and speed of approach • Defensive stance • Marking 	<ul style="list-style-type: none"> • Ball oriented defense • Pressure, cover, balance • Team compactness 	<ul style="list-style-type: none"> • Speed • Agility • coordination 	<ul style="list-style-type: none"> • Working as a unit • Cooperation • Unit strength

3v3 zonal defending on 3 goals

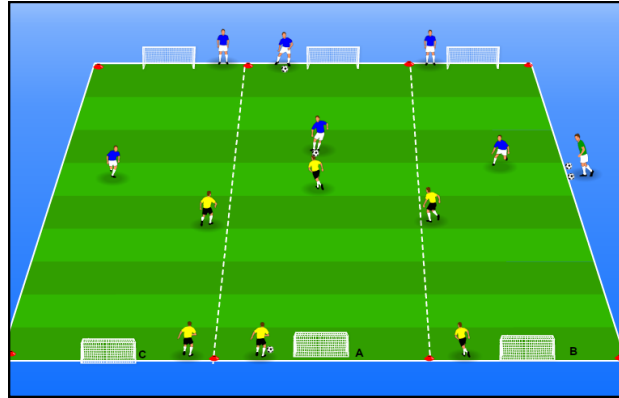
Duration 20

Area Size 30x20

Players 12

Organization

- Players play a 3v3 game on 3 goals
- Play starts with the coach or players serving the ball to the one of the teams.
- Each player is responsible of 1 zone
- Rotate players or play in waves



Coaching Points

- Diagonal and triangle set up
- Each player is responsible to defend its own zone
- Pressuring distance to the ball and stance
- Body position and running movements

Final Game

TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL
<ul style="list-style-type: none"> • Angle and speed of approach • Defensive stance • Marking 	<ul style="list-style-type: none"> • Ball oriented defense • Pressure, cover, balance • Team compactness 	<ul style="list-style-type: none"> • Speed • Agility • coordination 	<ul style="list-style-type: none"> • Working as a unit • Cooperation, Awareness • Unit strength

4v4 +keepers In 3 zones

Duration 25

Area Size 30x20

Players 12

Organization

- Divide field in 3 zones
- Each team has 1 player in each zone (defenders) plus a striker in the central zone.
- Players move in relation to the ball.
- Offside is in effect.



Coaching Points

1. Look at the team shape and see if the principle of play are respected
2. Look at the first defender to pressure the ball, while the second and 3rd provide cover and balance
3. Use defending key factors

Use the Stop-Demo –Rehearse –Live methodology