




ZONAL DEFENDING SESSION: Session #1, Author, Ryan Bush

1. Zonal Defending

Name:	Ryan Bush			Team:	WSA			
Date:		Topic:	Zonal Defending					

TRAINING OBJECTIVE(S): Improve teams ability to zonal defend. Improve teams ability to communicate through the process. Who: Back Line What: Zonal Defending with emphasis on communication. When: The other team is attacking Where: Our defensive half. Why: To prevent goal scoring opportunities and win the ball. Plan B: Recover Back and central Plan C: Foul Teaching Concepts: Focus on spacial awareness, Communication and Leadership, Pressure/Cover, 3 lines of defense, Pressure/Cover. Focus on Vernacular: Press, Hold, Squeeze.

	I. WARM-UP	Intensity:	low to high	Activity Time:	10	
	Duration:	10 minutes	Intervals:	1	Recovery Time:	2
	ORGANIZATION (Physical Environment / Equipment / Players) 5 Lines. Dynamic movements performed. Finish with spring intervals 60/70/80/90/100%.					
COACHING POINTS / KEY CONCEPTS Be professional, body language, focus, prepare for what's getting ready to happen. Leadership and communication workshop during the period. Focus on common vernacular.						

	II. SMALL-SIDED ACTIVITY	Intensity:	High	Activity Time:	1	
	Duration:	20	Intervals:	12	Recovery Time:	2
	ORGANIZATION (Physical Environment / Equipment / Players) Phase 1. 4 defenders line up in a 40 yard area divided into 10 yard segments. Each player is in their own lane. Coach will call our commands and teach common vernacular, body language, body shape and communicative skills. Phase 2. 4 coaches will toss the ball side to side while the players shift and adjust. A main communicator not connected to the play will communicate to his back 4 and shift the team appropriately using common vernacular.					
COACHING POINTS / KEY CONCEPTS Communicate using common vernacular/lingo. Step, hold, Block, Sammy's ball in the air, step hard. Coaches will every few tosses, toss a ball up for a header and players will need to communicate and adjust appropriately. Focus on spacing, moving as a unit, queezing passing lanes and efficient footwork when sliding. Focus on pressure cover and body language. Pressure,						

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cover, balance equals proper balance.

III. EXPANDED ACTIVITY		Intensity:	High	Activity Time:	3
Duration:	25	Intervals:	8	Recovery Time:	3

ORGANIZATION (Physical Environment / Equipment / Players)

Field is 48 yards wide by 40 yards long. Game is 6v6 with one main communicator for each team off the field. The team in possession tries to split the other team and play into an attacking player who has to transfer the ball to the other attacking player before scoring in the small goal.

COACHING POINTS / KEY CONCEPTS

Communicate using common vernacular/lingo. Step, hold, Block, step hard. Focus on body language off the ball, quick recovery when broken, pressure cover. Try to keep 3 lines of defense, proper spacing. Pressure, Cover, Balance equal proper depth.

IV. GAME		Intensity:	Med	Activity Time:	4
Duration:	20	Intervals:	4	Recovery Time:	4

ORGANIZATION (Physical Environment / Equipment / Players)

4 attacking players are placed at the midfield stripe. On the coaches command the player knock in diagonal ball to the far side center back and wide back. After the ball is hit the 2 central players sprint at the back 4 to pick up 2nd balls. Progression is all 4 players dribble at the back line and on the coaches command he hollers out a number that corresponds with a player and the 4 attack with that particular ball. The 4 defensive players defend that ball after dropping. A main communicator can be used

COACHING POINTS / KEY CONCEPTS

Concentrate on same lingo at the speed of the game. Body language, body shape, proper spacing, quick recovery when broken--back and central, pressure cover balance, squeeze passing lanes.

III. EXPANDED ACTIVITY		Intensity:	High	Activity Time:	3
Duration:	20	Intervals:	6	Recovery Time:	3

ORGANIZATION (Physical Environment / Equipment / Players)

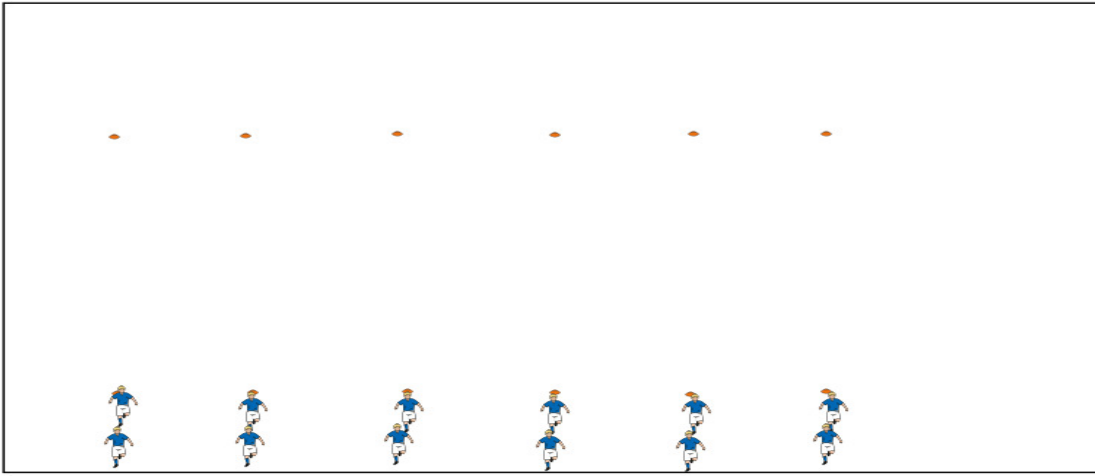
45 x 60 yard field. 7 v 7. Plus a neutral if needed.

COACHING POINTS / KEY CONCEPTS

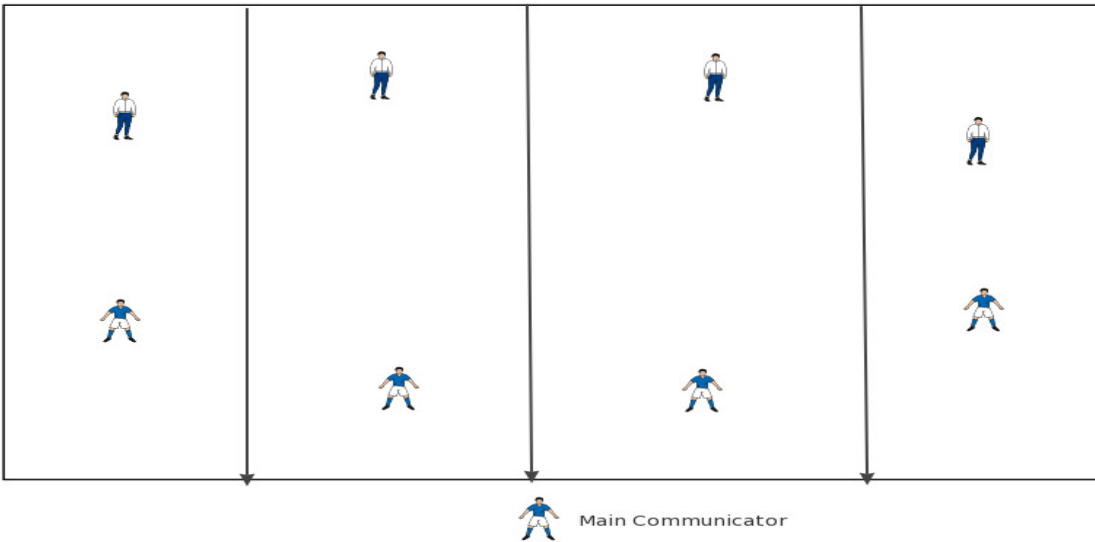
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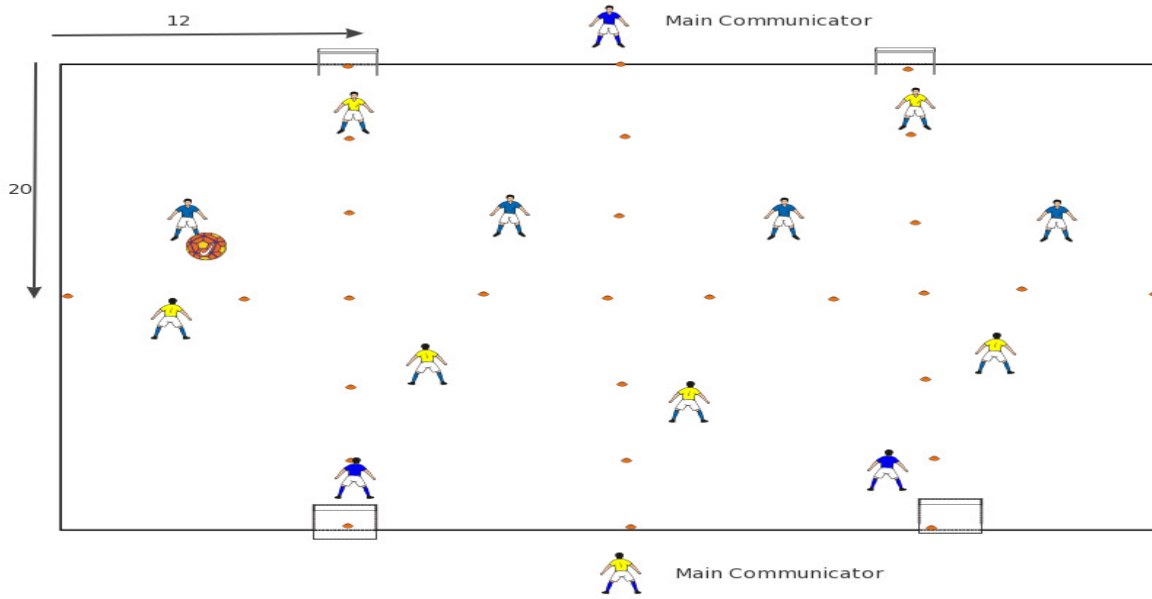
Warm-Up



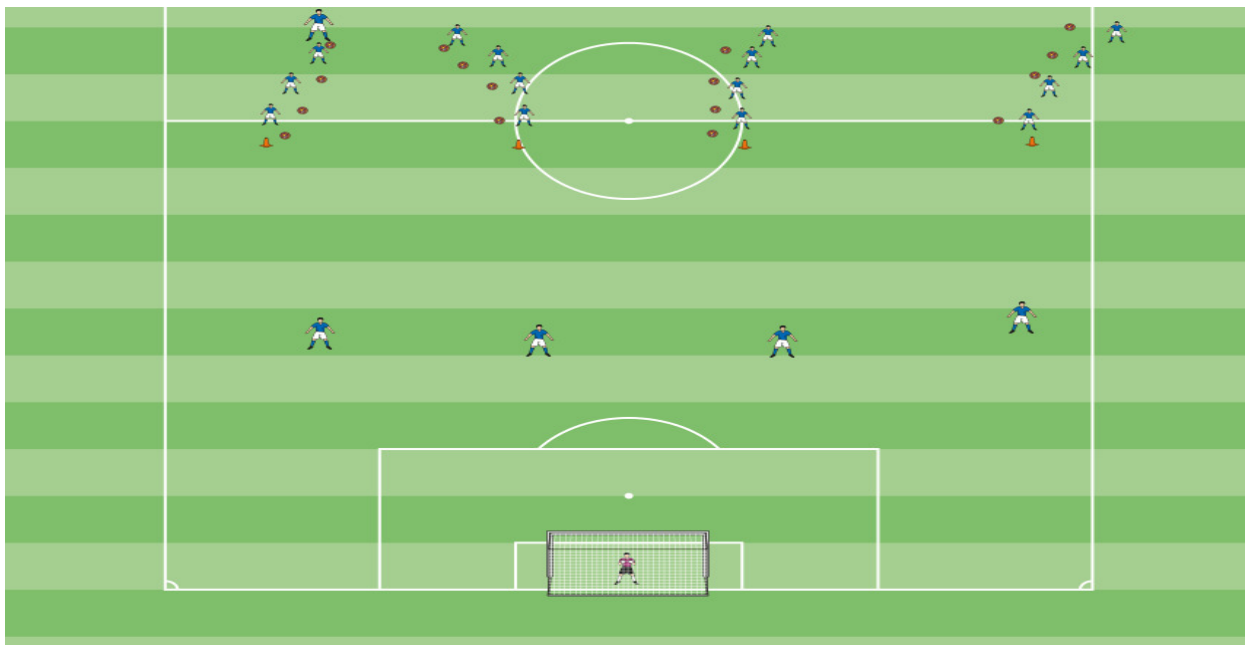
Small Sided Activity:



Expanded Activity



Expanded Activity



End Game

