



Zonal Defending

Category: Functional: Defender
Difficulty: Advanced

Am-Club: Omaha FC
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Screen 1 (15 mins)

Set up, grid is 16x24 yards, place cones or lines to break field into 6 zones

Game: 4v4 game of possession

Objective: Red have pressed and have numbers up reducing the field size to just two zones creating a 4v3

CPs:

- 1) Supporting angles
- 2) Cues - when to press
- 3) Balance and communication



Screen 2 (15 mins)

Game, half field 7 Red v 5 Blue

PRESSING:

Immediate pressure on the ball, good position by Red team

Keeper is aware of the press and is looking to step forward

If Red wins the ball they play to half way line, game starts over with Blue possession, great pressure from Red #8

CPs:

- 1) Game awareness and movement of teammates
- 2) Tactical understanding
- 3) Center backs are in a good starting position
- 4) Communication



Screen 3 (15 mins)

Set up: Half field 7 Red v 5 Blue

Game: Blue are attacking the large goal, Red are defending, if Red win the ball they can counter to the Center circle

CPs:

Goalkeeper is looking to step into the space in the ball is played long by Blue

Player # 3 is pressing to close down Blue with the ball

Players #2 , #4 & #5 are Holding

Players #6 & #8 are dropping to get back into a good position, this will create numbers up centrally

Balance in open play

Communication

Ability to read game cues

Supporting space and distance from each player (close enough to recover)



Screen 4 (15 mins)

Red player #8 has intercepted the ball and dribbles into space then plays a wide ball for Red #6 and #2 to play against the lone covering Blue player A,
At this point you can still play to center circle, goalline, target player or goals

CPs:

- 1) Mindset on winning the ball back
- 2) Ability to read the game
- 3) Transition Tactically & Mentally
- 4) Patience - discipline
- 5) Transition



Screen 5 (30 mins)

Game, 11v11, Keeper has tried to play a quick pass, Red player #10 reads the pass and immediately passes into unmarked Red #9 to score

CPs:

- 1) Keeper is high - Good starting position
- 2) Awareness Red #10 reads the pass
- 3) Game mindset, positive with a desire to work off the ball
- 4) Reward

