

# Mass Youth Soccer Coaches Clinic

Topic: **Zonal Defending**



Date: **Jan. 25, 2004**

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- 1) Warm up: three players to a ball. Three players inter-pass until the ball is played to a designated player of the three who dribbles and the other two play pressure cover.
- 2) 2 v 2: the coach plays a ball on to the field where pairs from each team play 2v2 until either a goal is scored or the ball is played out of bounds. Then new pairs come on to play. The emphasis here is on pressure and cover to prevent the defenders from being split.
- 3) 4 v 3: two teams are playing 4v4 to two goals on each end line. The attacking team is playing with four players, but the defending team must drop one player back to the end line while under attack. This prevents the defending team from playing man to man and must solve the problem with zonal play. When the defense wins the ball they must first play the ball back to their teammate on the end line while the other team removes a player from the field.
- 4) 4 v 4 + GK's: a typical three goal game that emphasizes pressure, cover and balance. The activity includes goalkeepers who play behind the goals. If the 'keeper can play the ball before it passes him, then the goal is negated. When the ball is in the 'keeper's hands he can either play the ball to his team or volley it at the opposition's goal. It may be necessary to help the attack see the opportunities to switch the play in order to force the defense to balance the field.
- 5) 6 v 6 to full goals: we end with the "big game." Three teams of six, two teams are on the field and one off. Teams play to one goal, winner keeps the field.

\*\*\*\*\*visuals of these activities are on the back of this sheet\*\*\*\*\*