



Key:

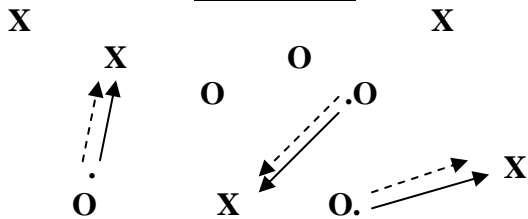
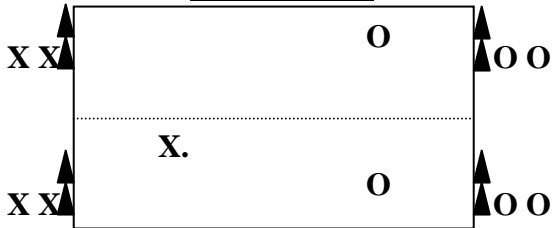

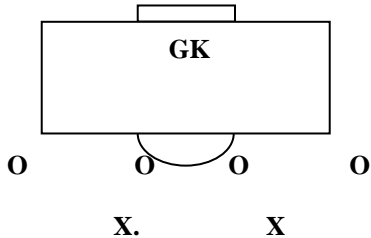
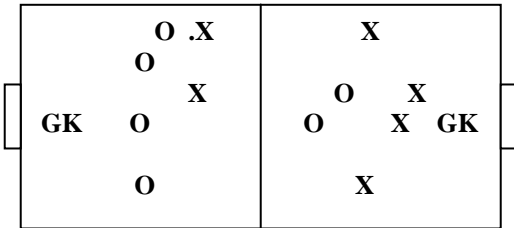
Running without the ball 

Running with the ball 

Pass 

TOPIC: Basic Zonal Defending for U13/U14 players

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<p><u>WARM-UP</u></p> 	<p><u>ORGANIZATION</u></p> <ul style="list-style-type: none"> • Passing & Moving • Follow your pass to defend 	<p><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> • Get to ball quickly • Arrive under control • Get close – make player with ball look down • Angle of approach and body shape – to force away from easy option
<p><u>ACTIVITY 2</u></p> 	<p>1 v 2</p> <ul style="list-style-type: none"> • Defending as a pair against one attacker <p> 1 v 3 or 1 v 4</p>	<ul style="list-style-type: none"> • Don't cross in front • Spacing and connection • Shape – Achieving Pressure, Cover & Balance as a group of 3 or 4
<p><u>ACTIVITY 3</u></p> 	<p>2 v 4</p> <ul style="list-style-type: none"> • Ball served to attackers who play to goal • A's can use S & defenders play to S to score 	<ul style="list-style-type: none"> • When to drop • When to step • Keeping the play in front • Role transition • When to cross behind
<p><u>GAME</u></p> 	<p>4 + 2 v 4 + 2 + GK's</p> <ul style="list-style-type: none"> • Four defenders plus two defenders stay in own half • Finish with small-sided game with no restrictions 	<ul style="list-style-type: none"> • Moving as a unit • Staying connected • Reading the cues