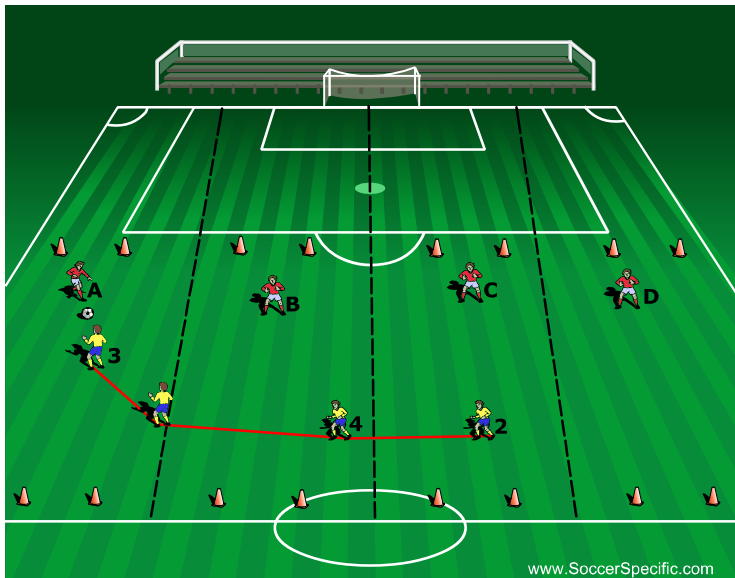


ACTIVITY #1

Set up: This activity begins as a 4v4 game working on zonal marking. Use a rope (red lines in diagram) to tie players together so they have to move as a unit and "feel it". It can be a back four or midfield four - the responsibilities are the same. Four 5-yard wide goals are created with cones for each team to defend as shown. Teams can score in any goal at any time. Each team must work in a unit of four (or a three with three goals to defend). Each goal is zoned off for a player to fill. Cones mark boundaries.

Instructions: To maintain shape, players defend their own goals, but must support their teammates to regain possession. By focusing on a goal of their own to defend, it helps them keep a sense of shape as a unit. They have to think about defending their goal, keeping their zone, supporting the pressing player and marking their own player who is in the zone.

Coaching Points: Maintain shape. Don't be moved around by the opposition. Squeeze centrally behind the ball.

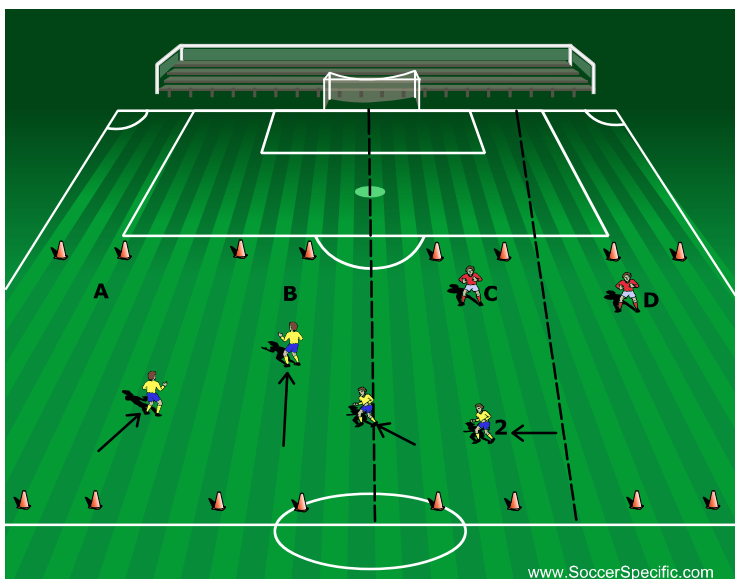


ACTIVITY #2

Set up: Progression of previous activity. To establish where zones begin and end, place cones down to represent boundaries.

Instructions: Players take their shape from 4 references: the rope, the zone, the goal and the opposing players. In this diagram, the players are illustrated "sliding" to squeeze the player on the ball as well as offer defensive balance and support.

Coaching Points:

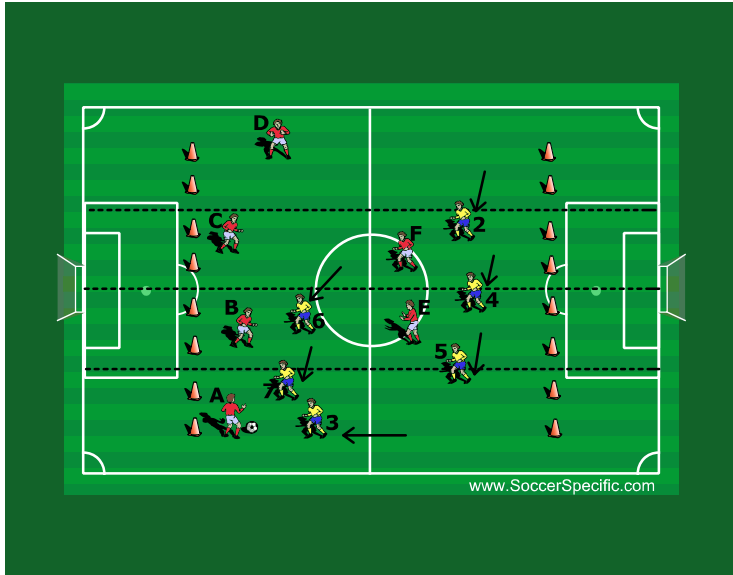


ACTIVITY #3

Set up: Progression of previous activity.

Instructions: In this diagram, the ball is passed to (B) and the defenders adjust accordingly. They squeeze centrally behind the ball marking space, but close enough in distance to close their immediate opponent down. For example (2) judges position by where the ball is and where the immediate opponent is so if the ball is passed to (D) there is time to close down and get to that player.

Coaching Points: Show the position of the players in relation to their own goals, can the opponent with the ball see the goal and score?

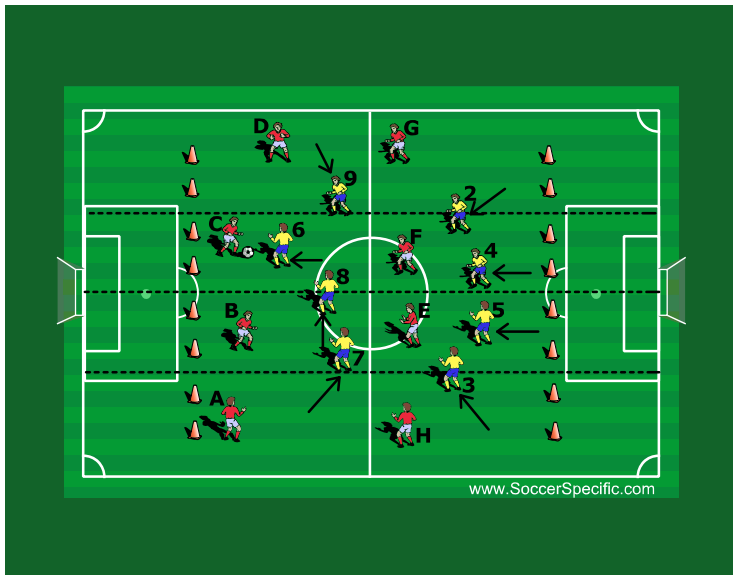


ACTIVITY #4

Set up: Progression of previous activities.

Instructions: Introduce two or more players per team (as shown). Each team can represent a back four plus two central strikers or a midfield four and two strikers. Again looking to maintain a team zonal marking shape. (7) can "double up". As (E) and (F) move across the back four, they are "passed-on" as they enter a new zone if there is someone to pass on to. The rope theory can be applied again here where they move in unison (2 midfield players included).

Coaching Points:



ACTIVITY #5

Set up: Progression of previous activities. Introduce two wide players to each team so it's a four and four as shown.

Instructions: Attacking team tries to move players around, defending team try to hold their zonal shape but also win back the ball. Now we have two 4v4s with no free players. Still trying to maintain a shape marking zones (spaces) but being aware of the immediate opponent's position. As shown here, (6) closes down the immediate opponent on the ball (7), (8), and (9) close up around the ball but still aware of immediate opponents position.

Coaching Points:



ACTIVITY #6

Set up: Progression of previous activities.

Instructions: To establish where zones begin and end, place cones down to represent boundaries. Each player knows where their responsibility lies in terms of zonal defending. They mark players who enter their zone. At times, it is possible to mark "in advance" of the ball - marking in advance of the ball means for example: (2) is marking in advance of (E) as illustrated. If the ball is passed to (G) from (H), (2) can try to intercept the pass or if not able to, at least stop (E) from advancing by closing down as the ball travels. (2) is still in a good position to defend being between the ball the opponent and the goal (inside the guiding triangle). Likewise (4) off (F) and (5) off (E). Eventually work a 4 v 8.

Coaching Points: