

Defending/recapturing Model Session 1 (zone defending)

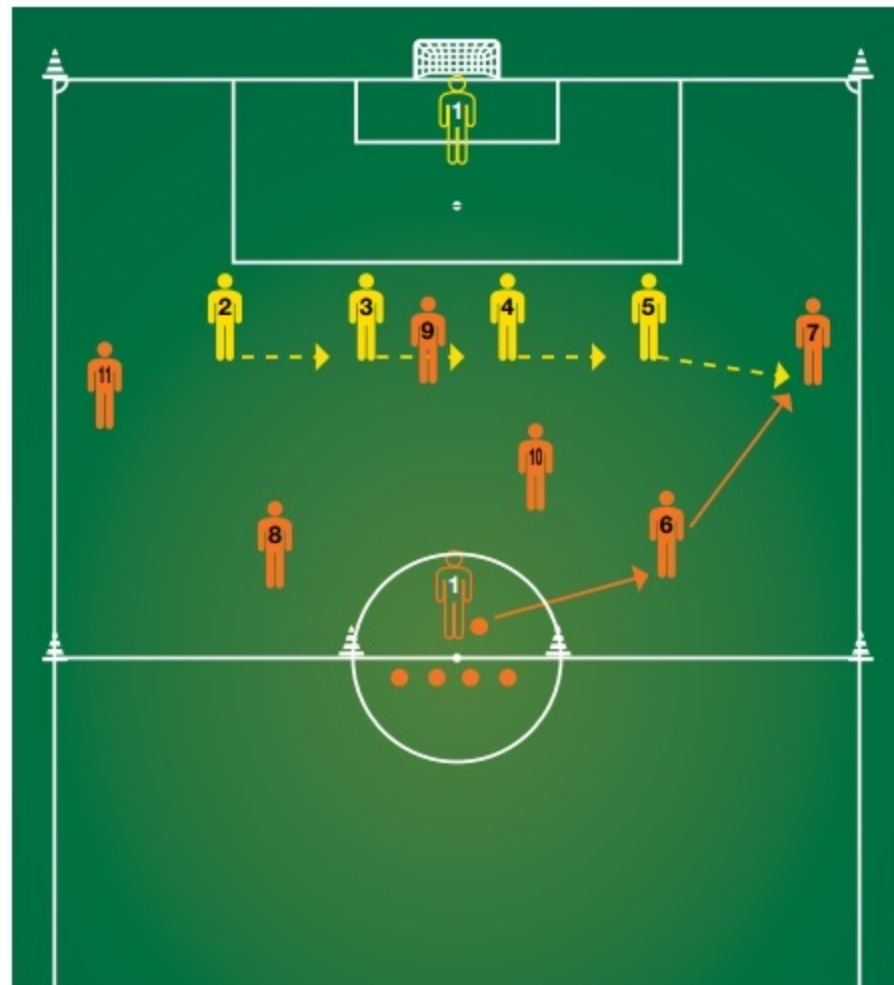
3. Game training component: 7 v 5

Organisation: 1/2 of a full pitch

- Yellow team consists of (#1-2-3-4-5) defends zonally against orange team (#1-6-7-8-9-10 & 11)
- The orange must try to score by beating yellow's zonal defensive line through combination play; individual actions and/or runs off the ball
- They can use #1 to change the point of attack
- Yellow must stop them by moving as a unit in the direction of the ball ("ball-oriented defending") and pressuring the ball carrier
- The offside rule applies

Possible Coaches Remarks (with focus on yellow):

- "Keep your relative distances"
- "Cover each other"
- "Press the ball if you can get close to it"
- "Drop as a unit if you see orange is going to play a ball behind the defensive line"
- "Move up if the attackers play the ball backwards"
- "Communicate and coach each other"



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- If yellow wins the ball: try to pass it into the hands of the orange goalkeeper who must stand in the front half of the centre circle (one attempt only: if yellow loses the ball the action has ended)
- Every restart from the orange goalkeeper

Step down: (too difficult for the defenders)

- Narrow the pitch
- Limited touches for the attackers

Progression:

- 8 v 6/9 v 7



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1. Warm-up:

- Two grids (A and B) are positioned as shown in the diagram
- Grid A is 10m -15m long and pitch wide. Grid B is approximately 20m long and also pitch wide
- Grids A and B are divided by a line of 3 x 2 cones of different colours positioned across the width of the pitch
- The position of the cones must be exactly as shown in the diagram

1. Blue cones; width of the penalty box

2. Red and yellow cones; sideline-central axis

- Four yellow defenders #2, 3, 4 and 5 position themselves in grid A, spread between the blue cones at an equal distance
- Five (or more) orange players are positioned in grid B, spread across the width of the pitch
- At the coaches signal, the orange players start passing the ball in a random order/direction
- As the ball moves, the yellow defenders must move as a unit too, keeping their relative distances the same
- When the ball goes to #7 orange, they must all be between the yellow cones
- When the ball goes to #9 orange, they must all be between the blue cones



- When the ball goes to #11 orange, they must all be between the red cones
- When the ball is played backwards (to #6 or #8), they must also move slightly forward

Points of attention for Orange:

- High ball speed
- Accurate passing
- Quick change of direction

Change defenders regularly.

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2. Positioning game:

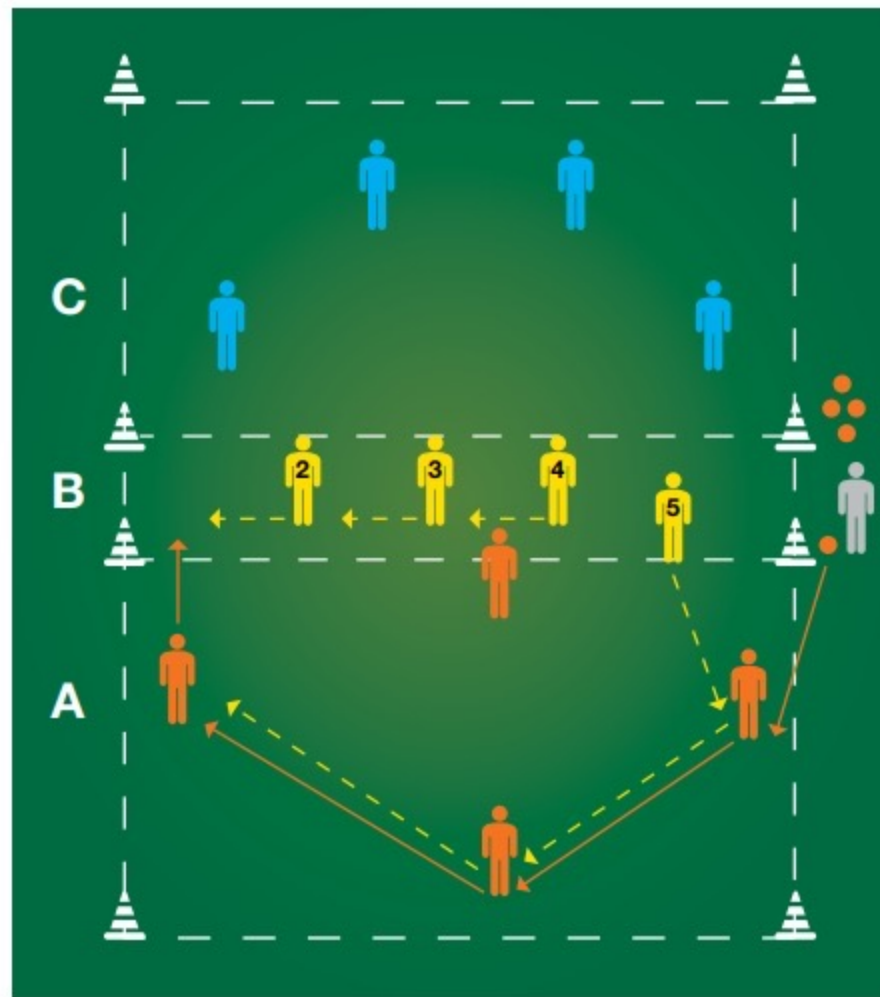
- 2 grids of approximately 15m wide and 10m long (A & C) separated by a grid of 15m x 5m (B)
- 3 groups of 4 outfield players in each grid
- Yellow, consisting of the defenders #2-3-4-5, in grid B
- The coach starts the game by passing the ball to an orange player in grid A
- One yellow defender (who is closest) sprints into grid A and chases the ball (4 v 1)
- Orange combines and must try to pass through grid B to a blue player in grid C (ground pass only!)
- The 3 yellow defenders in grid B must work as a unit and adjust their positions depending on the position of the ball

Steps up or down:

- Make grids wider/narrower (if too easy/difficult for the defenders)
- Make grids A & C shorter/longer (if too easy/difficult for the attackers)
- Free/limited touches for the attackers

Remark:

- Encourage attackers to play the killer pass into the opposite zone as often as possible



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4. Training game: 6 v 6

Organisation: 1/2 of a full pitch

- Formation yellow: 1-4-1
- Formation orange: 1-2-3
- The orange goalkeeper has a dual role ('joker')
- Offside rule applies
- The orange team must score in the goal defended by yellow #1
- The yellow team scores by passing into the hands of the orange goalkeeper who must catch the ball inside the front half of the centre circle
- **The coach must focus on the zonal defending of the yellow team**

If it turns out to be easier for yellow to score than it is for the orange team:

- Limit the number of touches for yellow

