

Name:

Team:

Date:

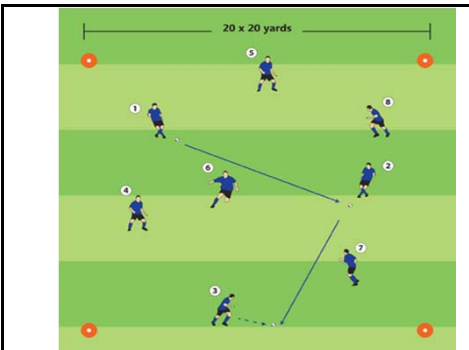
Mesocycle:

Microcycle/Day:



TRAINING OBJECTIVE(S):

DEFENDING: Improve the team's ability to defend zonally but also transition into man marking when opponents make vertical runs. **WHO?** Defensive backs 2, 3, 4, 5 (and maybe 6, 8 also) **WHERE:** Midfield and also within our penalty area. **WHEN:** The opponent has the ball and we are trying to win possession back or prevent them from scoring. **WHY:** To improve our defensive teamwork and communication during active play. To know when it's okay to let opponents pass through zones versus when we need to track them (for example when they make vertical runs). To prevent leaving unmarked opponents especially when they are in a dangerous area (near or within our penalty area).



I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)
 20 x 20 yard area, at least 1 ball (2-3 extras balls on the side), 6-12 players in a group. For example: 8 Players, each assigned a number 1-8, pass in numeric order.

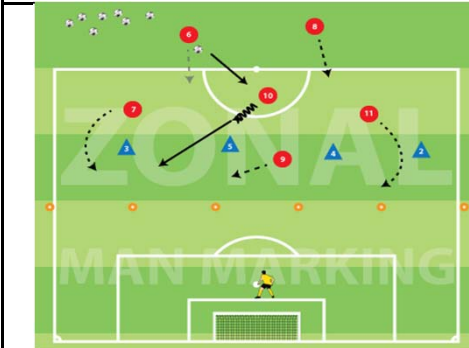
COACHING POINTS / KEY CONCEPTS
 Keep symmetrical spacing while moving randomly in area, 1 passes to 2, to 3 etc... 8 passes to 1 and repeat. Restrict movement: forwards or backwards, diagonal, or side to side shuffle. Verbal communication, think ahead, who/where am I receiving from.



II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)
 Half a normal soccer field, 6-12 soccer balls, 8-10 cones, and 8-12 players or more. 4 defenders play a flat zonal defense in the top half and track the attackers movement.

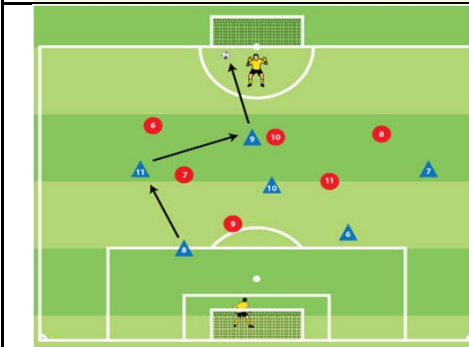
COACHING POINTS / KEY CONCEPTS
 Defenders need to communicate verbally as they track the attackers movement and also keep an eye on the ball feeder. Don't stand, run alongside the attacker, be ready to follow the attacker the ball is passed through or the attacker makes a vertical run.



III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)
 Half a normal soccer field, 6 attackers versus 4 defenders with a goalkeeper. Attacker begin play at the half line and try and penetrate the zonal defense and score.

COACHING POINTS / KEY CONCEPTS
 Maintain zonal defensive in the mid-field 3rd and try and win possession of the ball. Transition into man marking if the attackers are able to penetrate into the defending 3rd or if an attacker makes a vertical run. Intercept passes, stop scoring.



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)
 14 Players 7v7 (6 on the field plus one goalkeeper) Half a field area. Colored sports pinnies. 10-12 soccer balls, extra balls placed around touch lines for quick restarts.

COACHING POINTS / KEY CONCEPTS
 Play zonal defense when you lose possession in the attacking half and transition into man marking when the attacking team approaches your goal (danger area). When you win possession find a player out wide to pass to. Verbal communication.