TRAINING OBJECTIVE(S):
Preparing Your Team to Play Zonal Back 4 Defensive Shape. Communication 5 terms (Slide, Step, Drop, Pinch, Open Hips)

I. WARM-UP
DURATION: 10 min
INTENSITY: high
INTERVALS: 
WORK-REST: 1:1

ORGANIZATION (Physical Environment / Equipment / Players)

COACHING POINTS / KEY CONCEPTS:
1) Defender closes space to pressure attacker
2) Speed of Closing Space 
3) Separate Defensive Positioning - Attacker makes ball from a teammate

II. MAIN PART: SMALL-SIDED ACTIVITY
DURATION: 10 min
INTENSITY: high
INTERVALS: 
WORK-REST: 2:2

ORGANIZATION (Physical Environment / Equipment / Players)
Defenders win ball to Attacker's Switch. Switch same as above. 2 mins

COACHING POINTS / KEY CONCEPTS:
1) 1st Defender = Pressure 2nd Defender Cover
2) Communication (by 2nd Defender)
3) Funnel 1st Defender force toward 2nd Defender

III. MAIN PART: EXPANDED ACTIVITY
DURATION: 
INTENSITY: 
INTERVALS: 
WORK-REST: 

ORGANIZATION (Physical Environment / Equipment / Players)
Serve balls into 10 of 3 Attacker's. Attacker's adjust keep Shape

COACHING POINTS / KEY CONCEPTS:
1) Funnel Force Inside
2) Communication (Slide, Step, Drop, Pinch)
3) Defensive Shape

IV. GAME
DURATION: 
INTENSITY: 
INTERVALS: 
WORK-REST: 

ORGANIZATION (Physical Environment / Equipment / Players)
1-4-4-2 vs 1-4-3-3

COACHING POINTS / KEY CONCEPTS:
1) Decision making - Defenders when to step and close space, when to stay and delay
2) Defensive Shape - Communication 5 terms