


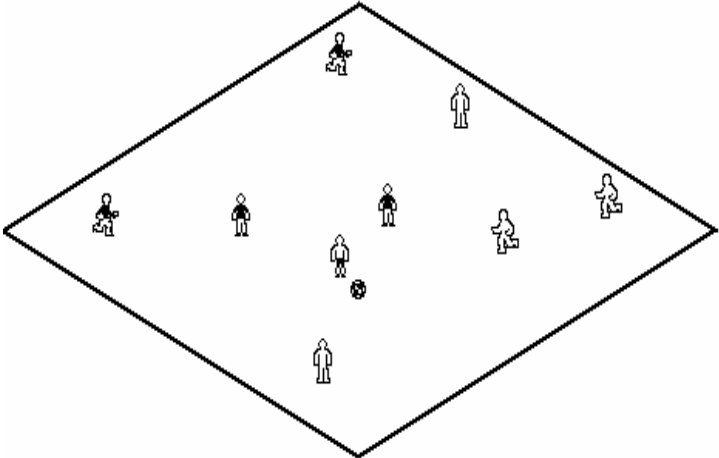
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Coaches Connection
Lesson Plan



Topic: Zonal Defending
 Age: U17

Activity Name	Description	Diagram	Purpose/Coaching Points
1 Activity #1	General warm-up with the ball - simple passing and juggling movements		<ul style="list-style-type: none"> ▪ Increase blood circulation ▪ Simple rhythmic movement ▪ Mentally begin to focus on the training topic
2 Activity #2 Numbers: 4 v 4 + 1 (2 boxes) Area: 35 x 40	How to score: 10 consecutive passes = goal. Play each round to 3 (or similar) Playing rules: Unlimited touches (may change to increase challenge) Kick-ins for out of bounds		<ul style="list-style-type: none"> ▪ Work as a block: tactical cues to balance and compact ▪ Role of 1st defender in collective defending action: look for opportunities to make play predictable for teammates

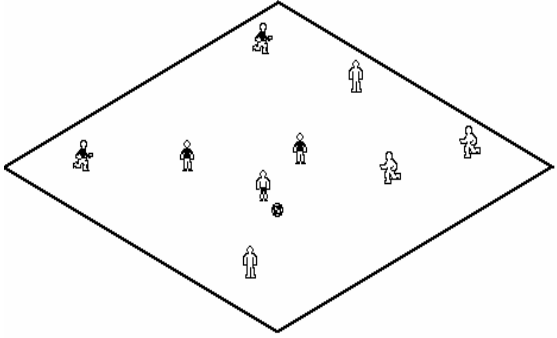
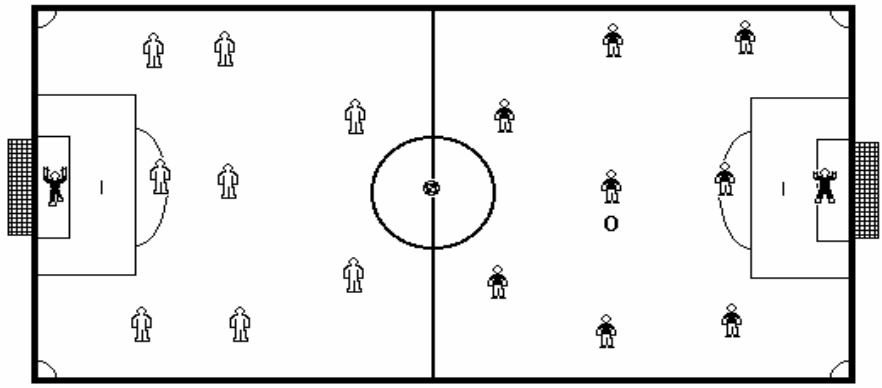
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3 Activity #3			
<p>Numbers: 4 v 4 + 1 (2 boxes) Area: 35 x 40</p>	<p>How to score: 10 consecutive passes = goal. Play each round to 3 (or similar) Playing rules Unlimited touches (may change to increase challenge) Kick-ins for out of bounds</p>		<ul style="list-style-type: none"> Decisions to channel into cover versus denying penetration (relative to point of confrontation) Tactical cues for pressing
4 Activity #4			
<p>Numbers: 9v9 Play 3-3-2 Area: 70 x 50 Play sideways and cone off 5-6 yards from each "side."</p>	<p>Adjust playing numbers, spaces and conditions as necessary.</p>		<ul style="list-style-type: none"> Flattening out at the back Using offside space GK as a covering defender Double team when possible No "freebie" first touches from defensive restarts No bouncing balls from defensive restarts Expand team into attacking shape following positive turnover
5 Cool-Down			
	<p>Light ball juggling and jogging. Static stretching Replenish fluids</p>		