

WRONG ZONE

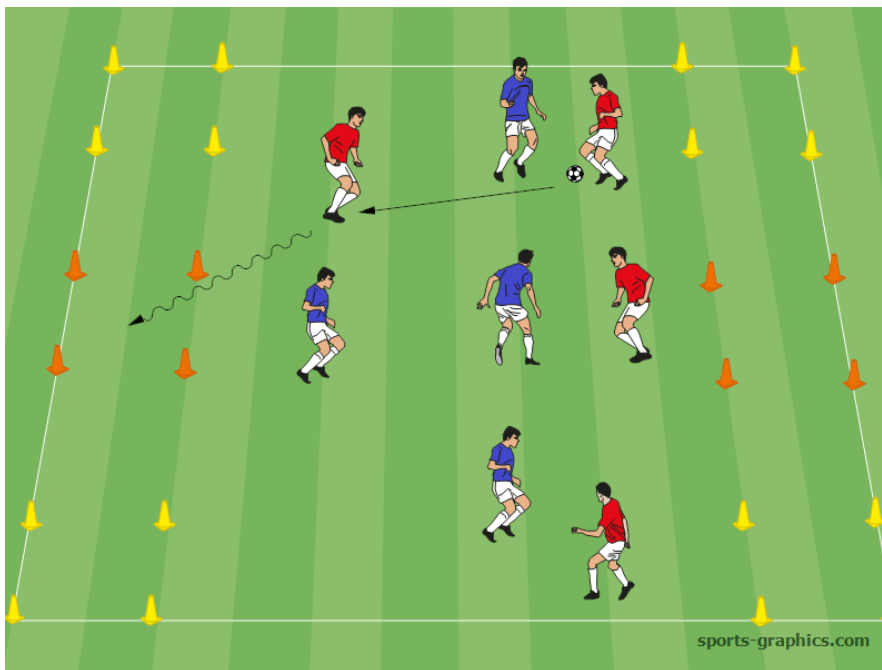
Develop defending principles in a skill related practice

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a 30x30 playing area. Adapt if necessary.
Arrange 2x2 zones in each corner of the playing area and two 2x2 target zones midway on two sides.
Divide players into two teams with equal players with one ball.
Players compete to score a point by dribbling the ball into the opposition target area (orange cones shown in diagram).
Key objective is for the defending team to force the opposition away from target area into the wrong zones (yellow). If this is achieved they score two points.
If a team is forced into the wrong zone they lose possession.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ball oriented defending and support.
- Cover, support, pressure, compactness.
- Forcing play to make play predictable.
- Individual/team responsibilities.
- Learning to defend whilst understanding positional play.
- To defend as a unit.

KEY FACTORS

- Close ball quickly
- Concentration
- Make play predictable
- Nearest man to close ball quickly
- Patience
- Stay compact as a unit
- Win the ball if possible

FOCUS AREAS

- Angles and distances of support to the pressurising defender.
- Balanced, controlled 1v1 defending skills.
- Constant changes of role and responsibility.
- Defending players should remain compact.
- Pressing ball as a team to regain possession.
- Role of pressing player.
- Showing opponents outside or across pitch.

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