



**Gavin Pugh, Director**

Coach:

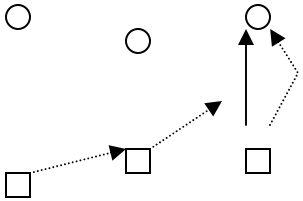
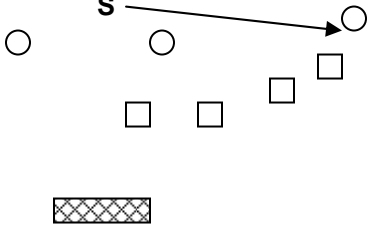
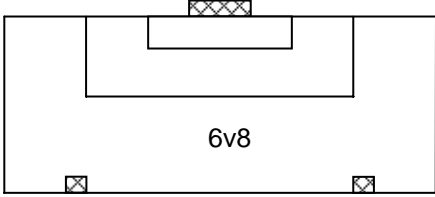
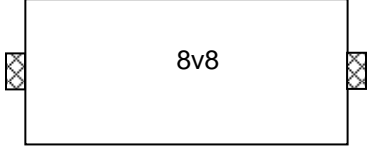
Team:

Topic: 3 vs. 3 / 4 vs. 4 (Zonal Defending)

Age:

Date:

Level:

<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Play 3 vs. 3</li> <li>▪ Squares pass to any circle, and provide correct positioning in relation to each other and the ball, low intensity to start – looking for shape.</li> <li>▪ Circles just pass the ball around, and can dribble if they want to – no target / goal for them.</li> <li>▪ Squares look to 'protect' the space behind them</li> <li>▪ Stretch, switch roles.</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Team shape (pressure, cover, balance)</li> <li>▪ Principles of play (delay, depth, compactness, concentration of numbers around ball)</li> <li>▪ Communication – verbal and visual</li> <li>▪ Balancing defenders squeeze space towards the center of the field to lock up vital areas.</li> <li>▪ Coach the mobility of the 3 defenders to maintain pressure on the ball</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 3 vs. 4 in defending third of a full-field</li> <li>▪ Have a <b>Server</b> play a ball to the 3 attackers who try to score on the big goal, if the defenders win the ball they look to play it back the field to the server</li> </ul> <p><b>Progressions:</b> Add 4 midfielders for circles and 2 defending CMids for squares. Add GK.</p>	<ul style="list-style-type: none"> <li>▪ As above</li> <li>▪ Coach how to deal with far-side attacker who does not tuck in</li> <li>▪ Coach forcing inside vs. forcing outside</li> <li>▪ Coach how to track dangerous (diagonal) runs</li> <li>▪ Coach the use of offside space and role of GK</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 6v8</li> <li>▪ Coach a team of 6 (4 def, 2 mid) to defend the large goal and a team of 8 attacks, whilst defending 2 small counter goals.</li> <li>▪ The team of 6 can attack two counter goals when they win the ball</li> </ul> <p><b>Progressions:</b> Add 3<sup>rd</sup> midfielder for defending team.</p>	<ul style="list-style-type: none"> <li>▪ As above</li> <li>▪ Coach your fullbacks to press to their outside mids when they have the ball</li> <li>▪ Coach the CMs how to assist the fullback when s/he is pressed up on their outside mid</li> <li>▪ Coach the use of offside space and role of GK – Gk is more of a sweeper-keeper who runs on to long balls played over the top</li> <li>▪ Communication – verbal and visual</li> </ul>
<p><b>GAME – TWO GOALS</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 8v8 in 2/3 field</li> <li>▪ Have the team you are coaching play a 4-3-1 against a 3-3-2</li> </ul>	<ul style="list-style-type: none"> <li>▪ As above</li> <li>▪ Coach decision-making based on the coaching points above</li> <li>▪ Coach your outside mids to tuck in when the ball is on the opposite side</li> <li>▪ Can the team employ an overall tactic of either forcing the opponent inside or outside and then maintain possession or counter quickly.</li> </ul>