



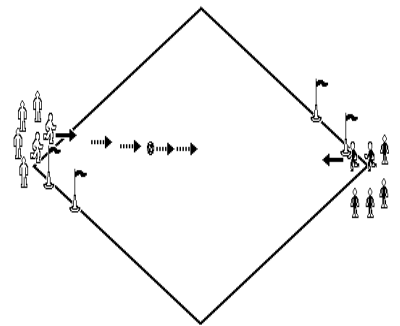
Wyoming Youth Soccer Coaching Symposium 2009

Topic: Elements of Zonal Defense

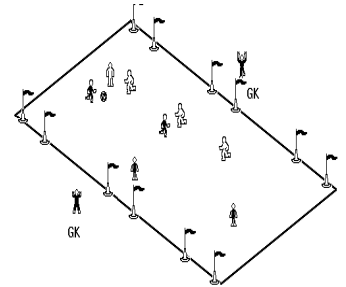
presented by Mike Singleton, US Youth Soccer National Staff
msingleton@mayouthsoccer.org

1) **Defensive stance**---In three's, pass the ball back and forth one touch while moving around from about 10 yds apart. When coach claps, the players who do not have the ball adopt roles of the 1st and 2nd defender. 1st defender makes a curved run to approach ball arms length away and second defender communicates which way to push attacker. The player with the ball tries to beat them on the dribble. After a few seconds players return to interpassing.

2) **2v2 soccer golf**---This game is played in a space 22 yds X 17 yds, with two 2 yd flag goals in diagonally opposite corners. Two teams of 6 players are at the adjacent corners of the grid from where they are defending their goal. The supply of balls is there too. Game starts by one team passing the ball to their opponents. Play 2v2 until the ball is out of play. Team must dribble through goal to score. *Version 2:* A team can dribble through the goal (2 pts) or pass through the goal (1 pt). *Version 3:* Team can dribble through goal (3 pts), pass through goal (2 pts) or dribble over the end line (1 pt.)



3) **4 v 4 + GK's**---A typical three goal game that emphasizes pressure, cover and balance. The activity includes goalkeepers who play behind the goals. If the 'keeper can play the ball before it passes him, then the goal is negated. It may be necessary to help the attack see the opportunities to switch the play in order to force defense to balance the field. If this is too easy for defense have them lose a teammate when on defense.



4) **13 v 5 defending center circle** --- A team of 5 defenders defends the center circle. The GK stands in the center circles and gives commands to defense. Attacking team must try to get possession of the ball anywhere in the center circle. Coach helps defense and keeps track of time offense takes before scoring then sets goals for defense. (i.e. can we prevent them from scoring for 2 minutes?).

5) **Scrimmage Game**

6) **Cool Down**---team juggling in 3's.

