



TOPIC: Zonal Pressing – Transition Soccer (Defending to Attack)



Coach Name: _____

| ACTIVITY 1 | ORGANIZATION | KEY COACHING POINTS |
|-----------------------|--|---|
| <p>(30x20)</p> | <p>2 teams of 6 2 + 2 v 4 (6v2) Transfer Box</p> <ul style="list-style-type: none"> Upon winning ball team of 2 immediately play into other half of grid and move into that half with the ball. The team that just lost possession sends two players to win the ball back. Team of 6 receive a point for splitting the “D” | <ul style="list-style-type: none"> Can the 2 dictate what the 6 are going to do Anticipate when and where to win the ball Switching roles: pressure, cover |
| <p>(30x20)</p> | <p>4 v 4 Defending a line</p> <ul style="list-style-type: none"> Win the ball and counter <p>Defending mentality in the following order:</p> <ol style="list-style-type: none"> Can I intercept the pass, (if not then) Pressure to keep attackers head down, (if not then) Soft pressure | <ul style="list-style-type: none"> Keep ball where it is busy Make play predictable Remember to defend the line Pressure, Cover, Balance Upon gaining possession, do we go forward or keep the ball? |
| <p>(60X40)</p> | <p>6 v 6 Defending a line</p> | <ul style="list-style-type: none"> Keep shape Make play predictable Alternate between soft and high pressure Show inside/outside based on teammates and opponents Pressure, Cover, Balance |
| <p>(60X40)</p> | <p>6 v 6 plus goalkeepers</p> <ul style="list-style-type: none"> The game | <ul style="list-style-type: none"> Keep play in front Stay connected and shift and move as a group Pressure, Cover, Balance |