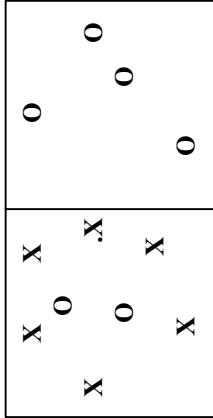
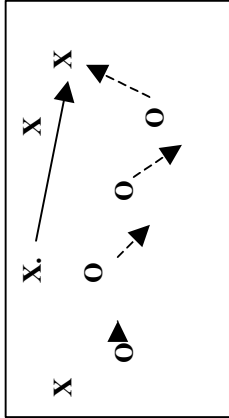
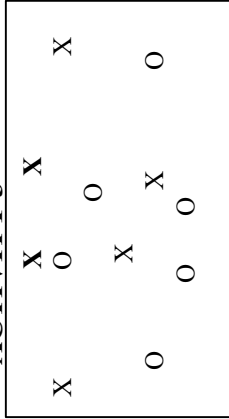
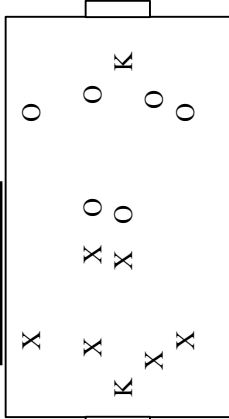
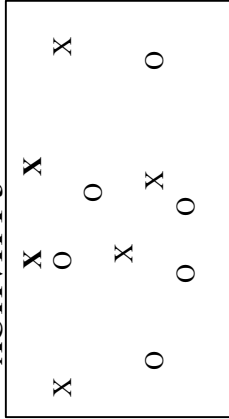
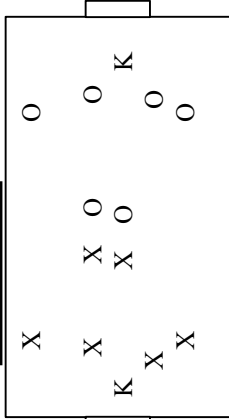
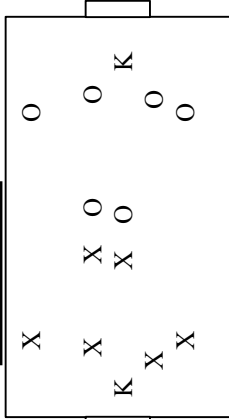


TOPIC: Zonal Pressing – Transition Soccer (Defending to Attack)

Coach Name: _____

	<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
(30x20) 	(30x20) 	2 teams of 6 2 + 2 v 4 (6v2) Transfer Box <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
(60X40) 	(60X40) 	4 v 4 Defending a line <ul style="list-style-type: none"> • Win the ball and counter Defending mentality in the following order: 1. Can I intercept the pass, (if not then) 2. Pressure to keep attackers head down, (if not then) 3. 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?
(60X40) 	(60X40) 	6 v 6 Defending a line 6 v 6 plus goalkeepers <ul style="list-style-type: none"> • The game 	<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
(60X40) 	6 v 6 plus goalkeepers <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 	<ul style="list-style-type: none"> ✓ Keep play in front ✓ Stay connected and shift and move as a group ✓ Pressure, Cover, Balance