


Name:	JULIAN CHANG	Team:	U13 AND ABOVE		
Date:		Mesocycle:			Microcycle/Day:

TRAINING OBJECTIVE(S):

Topic: Zonal Back 4 Defending (1) Teach the back 4 their individual roles and responsibilities within the defensive block in order to achieve greater understanding, connectedness, and cohesion during shifting, movement, and defensive confrontation. (2) Moving vertically up the field as a block to compact the space in midfield. (3) Preventing the opponent from getting behind and around the outside. (4) Connecting and communicating with the MF, particularly #6, and the Goalkeeper.



I. WARM-UP	Intensity: high	Activity Time: 2m	
Duration: 18m	Intervals: 6	Recovery Time: 1m	

ORGANIZATION (Physical Environment / Equipment / Players)
 20 yards by 30 yards; 12 cones; 4v4+4; 4 attackers try to split the 4 defenders with a penetrating pass towards 4 targets on the opposite side of the defense.

COACHING POINTS / KEY CONCEPTS
 (1) Immediate pressure on the ball. (2) Angle of approach. (3) Sliding and shifting as a single unit. (4) Cover by the 2nd defenders to prevent split and penetrating pass. (5) Balance provided by 3rd defender in case the ball is switched to the opposite side.



II. SMALL-SIDED ACTIVITY	Intensity: high	Activity Time: 5m	
Duration: 24m	Intervals: 4	Recovery Time: 1m	

ORGANIZATION (Physical Environment / Equipment / Players)
 Half field; 1 full goal and 2 counter goals; 5v6; 5 attackers versus #1 thru #6

COACHING POINTS / KEY CONCEPTS
 (1) When ball is near the corner of the defensive third, #3 applies pressure to channel outside while the other three defenders remain central to protect area in front of the goal in case the ball is crossed. (2) Cb's swiveling to provide cover when other CB is pressuring. (3) #2 and #3 tuck in when Cb is pressuring to prevent split. (4) Gk stays connected vertically to protect the space behind the defense in the event of a penetrating pass.



III. EXPANDED ACTIVITY	Intensity: med	Activity Time: 8m	
Duration: 20m	Intervals: 2	Recovery Time: 2m	

ORGANIZATION (Physical Environment / Equipment / Players)
 80 by 60; 2 full goals ; 10 v 11

COACHING POINTS / KEY CONCEPTS
 (1) Back 4 step forward to compact the midfield when #6, #8, or #10 are able to establish pressure on the ball (2) Back 4 needs to drop off if midfield is unable to apply pressure on the ball to provide depth in defense and to protect the space behind the defense. (3) Back Line must remain connected as much as possible in defense. (4) Transition quickly into attack by #2 and #3 opening up and #6 providing central option.



IV. GAME	Intensity: high	Activity Time: 12	
Duration: 28m	Intervals: 2	Recovery Time: 4	

ORGANIZATION (Physical Environment / Equipment / Players)
 Full Field; 2 full goals; 11v11

COACHING POINTS / KEY CONCEPTS
 (1) Back line moves forward when the opponent plays a negative pass. (2) Transition into attack with quick, penetrating passes forward when possible. (3) Quick transition into defensive zones as soon as ball is lost. (4) Cb's swiveling to prevent splits, and penetrating passes. (5) Staying connected to #6. (6) Gk covers space behind the back line.