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Team: Training Center

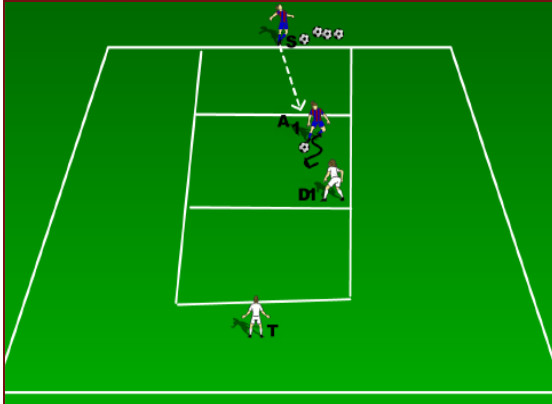


Date: January 2014

Duration: 60 min

Topic: Back 4 Zonal Defending / Midfield Defending

Intensity: Medium



I. Technical Warm-up (1v1):

ACTIVITY INTENSITY: Medium Light Field Size: 10 x 30
DURATION: 10 min

Organization (Physical Environment / Equipment / Players):

- Groups of 4, with the following roles: (1) Server, (1) Attacker, (1) Defender, (1) Target
- Server plays attacker, with the goal of the attacker trying to play the target
- Coaching points focused on defender
- 4 balls each rotation, switch server and attacker with defender and target

Coaching Points / Key Concepts:

- Speed of closing down
- Posture/Position (low & mobile)
- Control
- Patience and timing of tackle



II. Main Part: Small-Sided Activity (6v4):

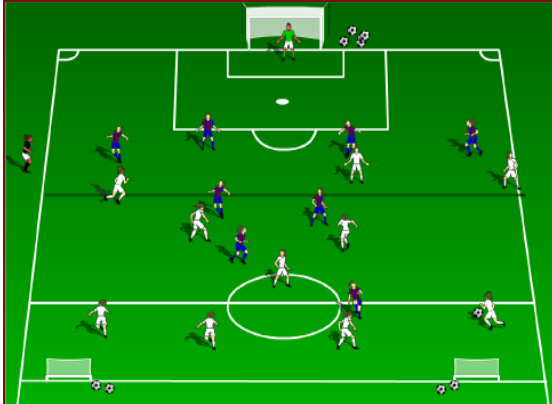
ACTIVITY INTENSITY: Medium Light Field Size: 75W x 50L
DURATION: 15 min

Organization (Physical Environment / Equipment / Players):

- Four vertical defending zones marked out
- 6 attackers, 4 defenders + GK
- Coach restricts forward movement of midfielders initially
- 4 defenders play ball to coach when possession is won

Coaching Points / Key Concepts:

- Passing players on
- Communication
- Squeezing & protecting space
- Pressure, cover, balance, recovery



III. Main Part: Extended Small-Sided Activity (11v8+GK)

ACTIVITY INTENSITY: Medium Field Size: 3/4 Pitch
DURATION: 20 min

Organization (Physical Environment / Equipment / Players):

- GK + 8 defenders play in 1-4-3-1
- Defenders work to connect the back 4 to midfield 3
- 11 play to goal, 8 play to small goals

Coaching Points / Key Concepts:

- Space between lines
- Reading Pressure
- Making play predictable
- Showing/funneling players
- All points in previous activity



IV. Game:

ACTIVITY INTENSITY: Medium Hard Field Size: Full Field
DURATION: 10 min

Organization (Physical Environment / Equipment / Players):

- 11v11 full field

Coaching Points / Key Concepts:

- Focus on zonal defending of back 4 and midfield