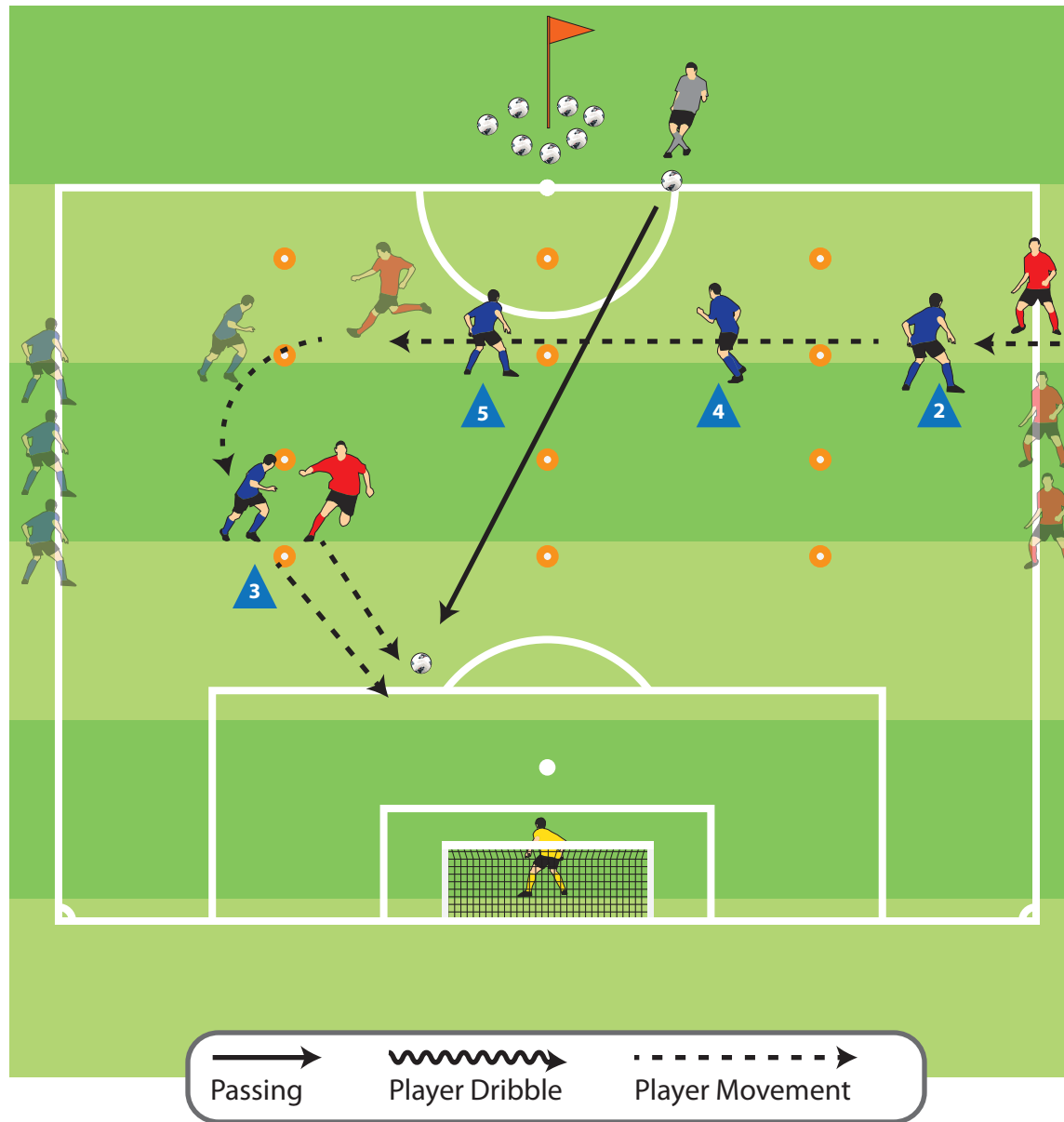


Stage-II Small Sided Activity: Zonal Defending - Pass-On the Attacker



Setup

Half field (80 x 50 yards). Layout 3 vertical lines of cones about 25 yards out from the goal line. Blue represents the back 4 (positions 2,3,4,5). Red attackers line up along either touch line. Full sized goal and 1 goalkeeper (optional).

Sequence

- Red attacker sprints from touch line across the field changing direction several times.
- Blue defenders track and pass-on the attacker between zones
- Ball feeder sends a ball thru... blue defender responsible for the attacker must follow and try and prevent a shot from being taken.
- Blue defender who followed the attacker is replaced by another blue

Variations

- Have 2 attackers making runs between the defending zones
- Let the attackers run behind the defenders offside then onside etc..

Make it a Game

- First attacker to score 3 goals wins.

Coaching Points

- Players should be sprinting at full speed.
- Defenders need to communicate constantly
- After the thru pass defender should focus on preventing or at least make it difficult for the attacker to fire off a good shot on goal.