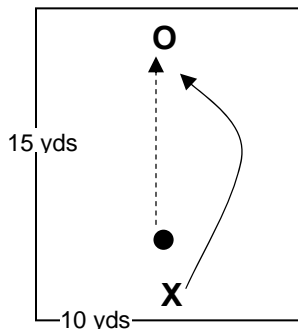




Preparing your team to play a Zonal Back 4
 Presented by Mikki Denney Wright, University of Minnesota Soccer Head Coach
 Friday, February 3, 2006

Exercise 1: 1 vs 1 Defending

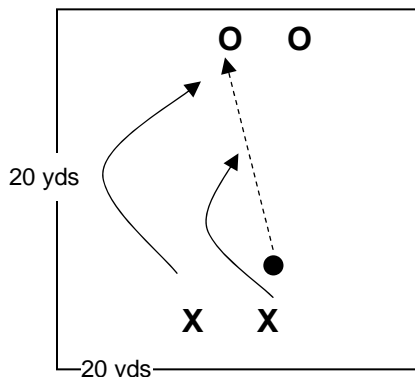


- Defender (X) serves ball to attacker (O) from endline (2 minutes, then switch attackers and defenders)
- Defender closes space to pressure attacker with ball
- Attacker scores by dribbling, under control, across endline. Always keep score!
 Scoring: Ball over line is 1 point, Ball and attacker over line is 2 points
- Defenders can counter-attack and score points if they win the ball

Coaching Points:

1. Get "eyes down" (make the attacker a ball-watcher), speed of closing space
2. Defensive position (bent run, angle and distance from attacker)
3. Separate the attacker and the ball

Exercise 2: 2 vs 2 Defending

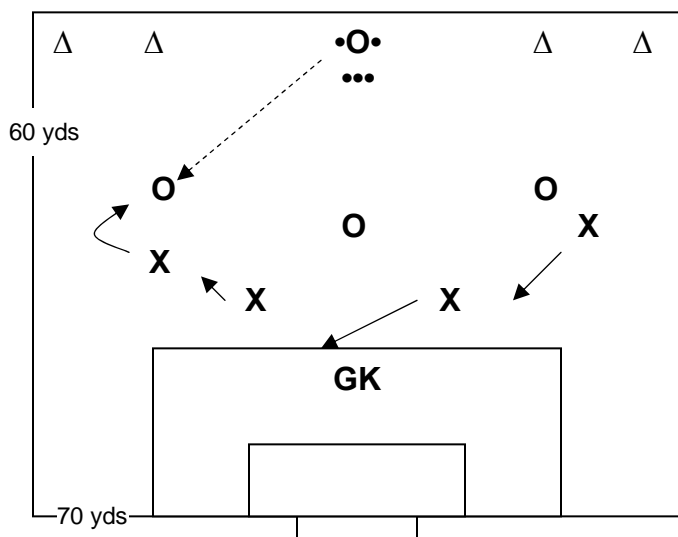


- Defenders (X's) serve ball to attackers (O's) from endline (2 minutes, then switch attackers and defenders)
- 1st Defender closes space to pressure attacker with ball
- Attackers score by dribbling, under control, across endline. Always keep score!
 Scoring: Ball over line is 1 pt, ball and attacker over line is 2 pts
- Defenders can counter-attack and score points if they win the ball

Coaching Points:

1. 1st Defender = Pressure, 2nd Defender = Cover
2. Communication (by 2nd Defender)
3. "Funnel" 1st defender should force towards 2nd defender

Exercise 3: Functional Training, 3 vs 4 + GK

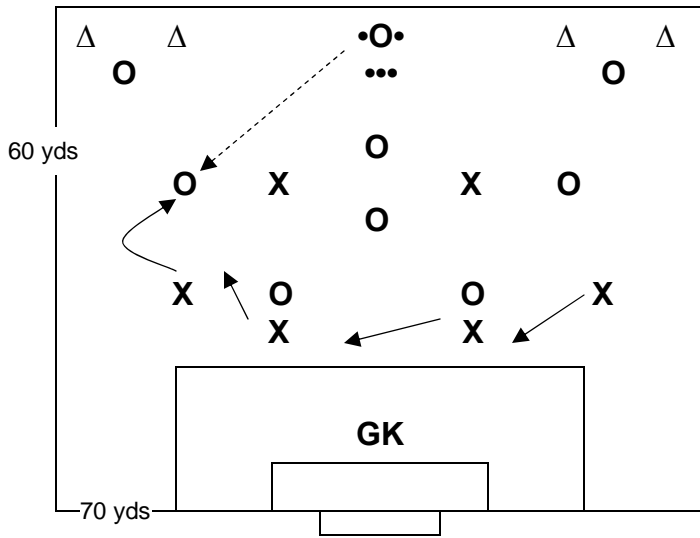


- Stationary attacker (O) serves ball to 1 of 3 attackers from half
- 4 defenders (X's) adjust and defend accordingly
- Attackers score on goal, Defenders look to counter-attack through gates at half if they win the ball. Always keep score!

Coaching Points:

1. "Funnel" force inside
2. Communication (5 terms: "slide, step, drop, pinch, open hips")
3. Defensive shape

Exercise 4: Functional Training, 8 vs. 6 + GK



- Stationary attacker (O) serves ball to 1 of 8 attacking players from half (can have attacking team play 4-4-2 or 4-3-3)
- 6 defending (X's) players, back 4 + 2 midfielders, adjust and defend accordingly
- Scoring: 1pt for corner, 1 pt for shot on goal, 3 pts for goal scored, Defenders look to counter-attack through gates at half if they win the ball. Always keep score!

Coaching Points:

1. Decision making vs. a 4-4-2 or a 4-3-3, concept of “rolling.” Decision by defenders of when to roll vs. when to stay.
2. Defensive shape, communication (5 terms: “slide, step, drop, pinch, open hips”)

Notes:

Minnesota Soccer 2006 Home Games

Aug 24	Drake	7pm
Aug 27	NDSU	1pm
Sept 1	Missouri	7pm
Sept 3	Iowa State	1pm
Sept 15	Dartmouth	7pm
Sept 17	N. Colorado	1pm
Sept 29	Northwestern	7pm
Oct 1	Wisconsin	1pm
Oct 15	SDSU	1pm
Oct 20	Michigan	7pm
Oct 22	Michigan State	1pm

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