

Building A Defensive Zonal Structure

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- ❖ Need to know your players skills to place them within the team – very important
- ❖ Each player must know their responsibilities
- ❖ Said he would show both 3-5-2 and 4-4-2
- ❖ Sweeper in a 1v1 - very important to never, never slide, force player to weak side, contain him, fake and comeback – sweeper player to side
- ❖ Sweeper in 2v1 – try to isolate one from other and force to side keeper must come out when he reads shot
- ❖ Added 2 marking backs and attacking mid – 3v3 – no one pressure ball to quick, sweeper same as 1v1, switch on overlap, force to side, don't let them take ball out of your zone – maintain your zone, if ball gets in deep wing central d must come out quickly to dropped cross
- ❖ Added outside mids off. and def. – 5v5, squeeze, if ball goes out winger the defense must attack quickly to prevent cross back d, when ball in center sweeper back a little and winger d squeeze mid forgetting the wing offensive players – to force the ball outside, when ball played back everybody step up quickly – to compact the offense, when sweeper step up marking back also step up
- ❖ Added 2 defensive mids and 2 attacking mids – 7v7 –the 2 d mids must support each other to come through middle the o must beat both d center mids – when ball is played to wing must pressure to keep head down to prevent big switch
- ❖ If a center mid goes to make 2v1 on a outside mid then remaining center mid must drop off some, if ball passed back into mid then center mid must delay to allow the other center mid to recover to support
- ❖ Maintain your zone, squeeze to force ball to wing and pressure
- ❖ Added 2nd mid to both – 8v8 – showed when ball comes into middle unmarked the o mid shouldn't come in to pressure ball (leaves off o mid open on wing a marking back should cover o mid slide in - this will force ball to wing and o mid will still be in position to slide back out and cover off o mid
- ❖ If you do zone correctly everybody run a little bit - added rest of team for 10 v10 on field to two strikers play d like the two center mids
- ❖ Sweeper very important to talk all the time so every body knows where he is
- ❖ When a fwd beaten then a center mid needs to provide pressure quickly
- ❖ If get lost – unorganized then back off and organize, when ready then sweeper will tell team to apply pressure
- ❖ If sweeper clear ball then center mids and fwds must come to ball and win!
- ❖ If we lose ball sweeper tell team to get back and organize then apply pressure when ready
- ❖ Very important the center mid apply pressure QUICKLY when ball played to offensive mid
- ❖ First thing you need to do when you win the ball in wing is often wise to drop ball back before you play forward so that attack can organize and get some more players forward
- ❖ A short team – compact the other team when playing team by staying pushed up away from your goal
- ❖ If you win the ball and are under pressure then 1 to 2 touch (quickly!) and move the ball with pass (long good)– to relieve pressure
- ❖ Encouraged sweeper and backs to step up when your team is putting other team under pressure
- ❖ Added restriction of maximum 3 touches to d team and told them to play keep away
- ❖ When ball is central o mids must help in side drop off wing and slide inside
- ❖ More difficult to create than to destroy
- ❖ You have to think that your teammate can make a mistake –assume covering positions
- ❖ Pointed out that when you win ball in defense you need to use one touch to relieve pressure – keep repeating to simplify you must play one touch when under pressure – which is more difficult pass or dribbling
- ❖ Dribbling in mid and in back puts your team under pressure - doesn't mean nobody dribbles
- ❖ Each player has his responsibilities with in the team – know them and execute them
- ❖ When beat in wing mid back step to ball sweeper get mid back's man and other mid back becomes sweeper and o mid on far side drop to far mid backs man, the beat winger drop inside on diagonal and if ball played back then he can step back out to provide pressure

- ❖ If the o team floods one side the opposite o mid must drop back and cover every thing behind rest of team