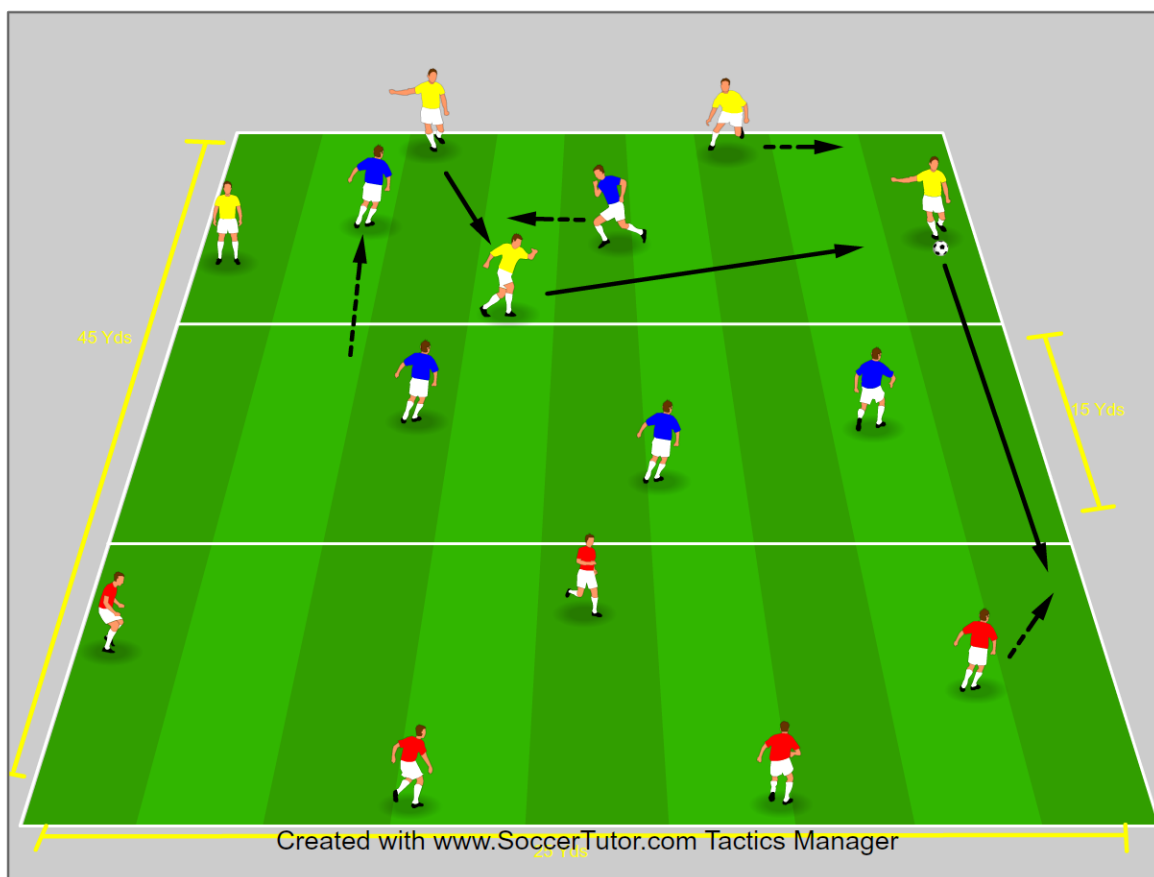


### 3 Zone Possession - Small Group Defending



<b>Date:</b>	5/Mar/2014	<b>Measurement:</b>	Select Pitch Area
<b>Time:</b>	N/A:N/A	<b>Players:</b>	15
<b>Duration:</b>	20	<b>Level/Age Group:</b>	U8 - U18

**Description:** Split the group into 3 teams of 5 with different colors. Set up two of the teams on the outside zones with 4 in the back and a holding midfielder. Team in the center zone is defending. Defending team sends 2 defenders to try and win the ball from the Attacking team while attacking team tries to maintain possession and shape to score by playing a penetrating ball into the far zones. If defending team wins the ball they play to opposite zone and become the attacking team in the zone in which they won the ball. Attacking team becomes defenders.

**Objective:** -increase players ability to transition to defending quickly

**Coaching Points:** -Recognition of who should be the 1st defender  
 -Apply pressure towards your support  
 -How quickly can we win the ball back  
 -Quick clear communication of where to apply pressure.

**Progression:** -6 passes and then they can play to the opposite zone.  
 -Put in a pass limitation (can they play out in 4 or less passes).  
 -Balls have to be played in the air or on the ground only