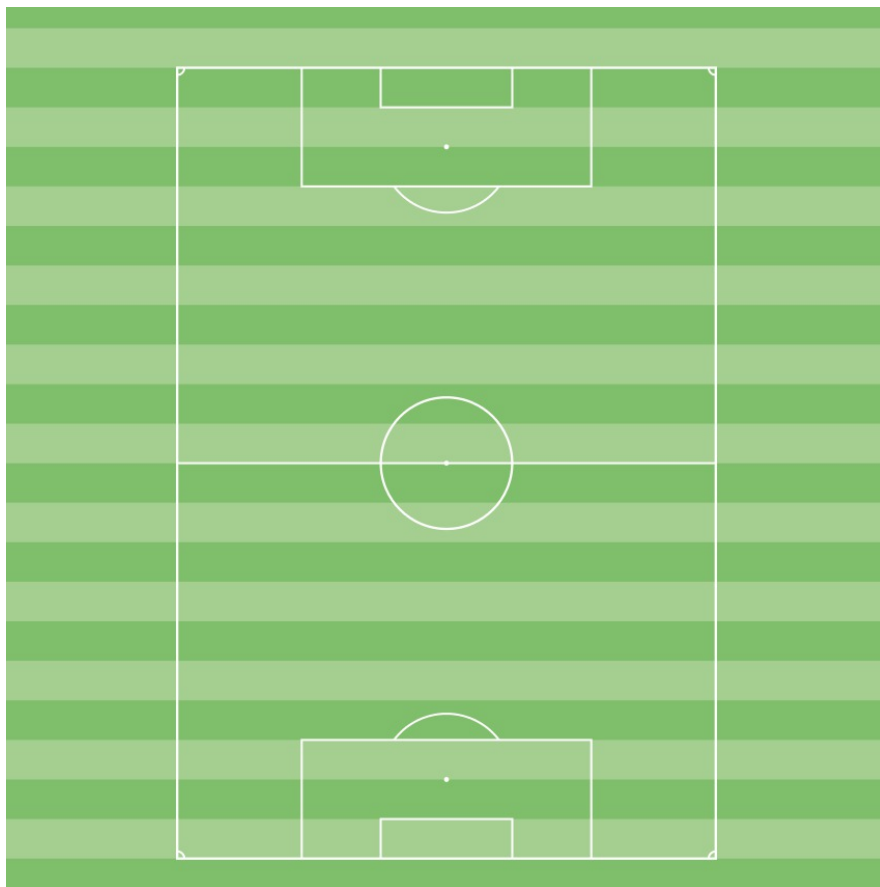






## TRAINING EXERCISE


### 9v9 Game: (1-4-3-1) v. (1-3-2-3)



 **Defending Principles**  
**Zonal Defending**  
**Aerobic Capacity**

 **U13 to U14**

 **22 Players**

 **1 Full Size Goal, 1/2 Field (marked with proper lines), 2 sets of 11 colored bibs, 2 Corner Flags, 12 Field Markers**

 **Intensity: 5**

 **30:00 min**  
(2 x 13:00 min, 02:00 min rest)

### Objective

In a game environment, challenge four backs to defend zonally in their own half of the field. Coordinate the movement and positions of the #1, 2, 3, 4 and 5 in order to effectively defend the spaces in and around the penalty area. Coordinate the movement and positions of the 2, 3, 4, 5, 6 and 8 in order to effectively eliminate penetration by the opponent in front of the penalty area and to regain possession.

### Description

The game is organized into 2 teams, each structured with a different system in order to challenge one team to defend zonally while reinforcing the specific positional roles in their system. Target Team: 1-4-3-1 Opposing Team: 1-3-2-3

### Coaching Points

Observe and guide the GK (#1) to re-position according to key game cues; pressure on the ball, location of the ball and potential cues for ball

service. Observe and guide the four backs to collectively shift laterally and vertically in order to remain compact as a group. Observe and guide the four backs and the GK to step the off-side line forward or drop the line toward the goal in response to the tactical cues of the moment. Observe and guide individual players with regard to technical functions. (Tackling, Interceptions, preparing the ball, clearances, and distribution)