



# Warren Hutchinson

Defensive pressure in Zone 3 (Z3) & Zone 4(Z4)  
to force opposition to play into the  
half space & centre channels

# System

1-4-3-1-2 (Z3 & Z4)

# Strategy

Pressure the ball to the Centre Channel and Half spaces to force direct play in zones 3 & 4.

Primary: #8, #11 & #9

Secondary: #6, #10 & #7

# Tactics

Defend early

Deny any outside channel passes

Direct play into the Centre Channel and Half spaces

Strategically prepare traps to intercept the opponents passes

Challenge every direct ball

# Skill Set

Defensive actions:

- Angle of approach
- Close the space down quickly, slowing down on approach
- Keep your feet moving
- Scanning

DEFENSIVE ORGANIZATION

ZONES 3 and 4 - HALF SPACES & CENTRE CHANNEL

## PLAYERS

The players will participate in a full session to help them learn how the our DO will benefit our team playing in our 1-4-3-1-2 formation, and applying pressure to the opposition in Zones 4 and 3 and gain possession back through the half spaces and central channel.

Ability level - Mixed

Cognitive maturity level - Medium

# of players: 16

Primary player(s): #8, #11 & #9

Secondary player(s): #6, #10 & #7

## RESOURCES

60 minutes, on a half field (warm up, pre-brief, functional, final SSG & debrief)

1 full size goal

2 small size goals

8 orange, 8 green, 1 yellow (GK) and 1 blue (GK) bibs

16 size 5 balls

Cones, red, blue & yellow

Flat markers

White board, player magnets & white board marker and eraser

VEO camera & microphone

HC:

- Lead the session (brief, activities & debrief) & manage the Defending (Red) team

AC:

- Manage the Attacking (White) team
- Monitor session time (5 min Brief, 15 min Functional, 15 min Final SSG & 5 mins Debrief)
- Support session change over/transition

Facility staff: Move the large nets into position & field divider

## OBJECTIVE & LEARNING INTENTIONS

**We are learning to:** Apply defensive pressure in zone 4 and 3 to force opposition to play into the half space & centre channels to create opportunities for us to win possession of the ball in the oppositions end of the field.

**What I am looking for:**

**All players:** are able to identify when, where and why we want to apply pressure in zone 3 and 4 to force opponents to play centrally vs wide areas

**Most players:** are able to recognize how to apply pressure in half spaces and centre channel to create opportunities to win possession in zone 3 and 4

**Some players:** are able to recognize opposition AO and apply defending/defensive cues to pressure and win possession resulting create AT in zone 3 and 4

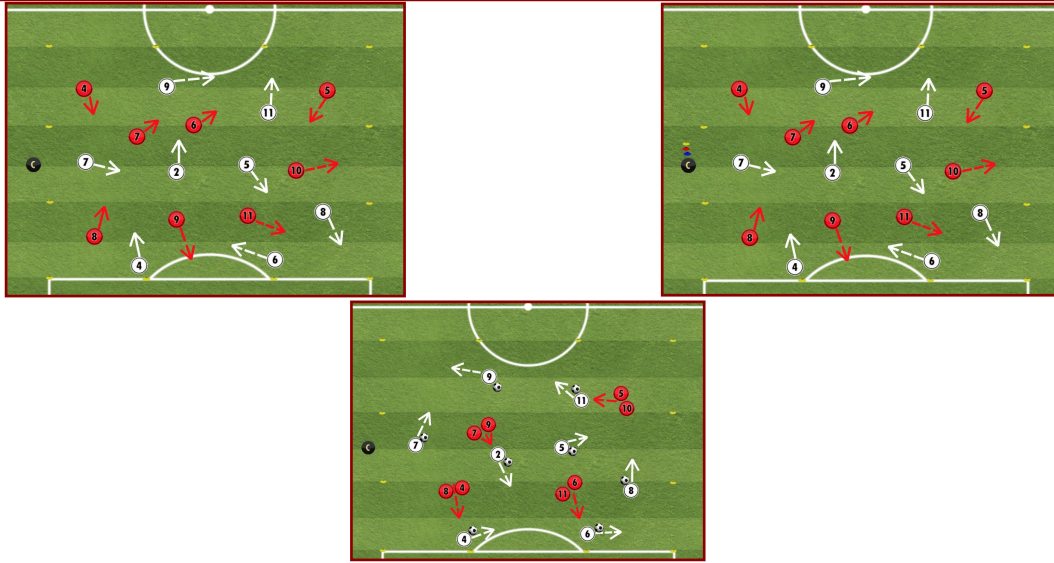
## PRINCIPLES / SKILL SETS

- Angle of approach, Close the space down quickly, slowing down on approach
- Keep your feet moving, Scanning
- **DENY** - Any outside channel & forward passes
  - If you can win the ball back, win it.
- **DELAY** - Opposition from advancing by using strategic recovery runs to win possession and/or provide support/cover
  - If you can't win the ball back, delay the opponent making forward progress.
- **DIRECT** - Opposition into the half spaces & centre channels. Strategically direct opposition into traps to intercept the opponents passes and regain possession
  - Force the opponents to advantageous space.
- **CONTROL & RESTRAINT** - Understand the defensive roles & responsibilities in Z3 & Z4
  - Being patient to regain possession
- **BALANCE** - Apply & maintain the suggested System, when applying pressure in Z3 & Z4
  - Maintain team shape, denying space

NOTES: Five (5) phase session organization (warm-up, part / whole / cool down)



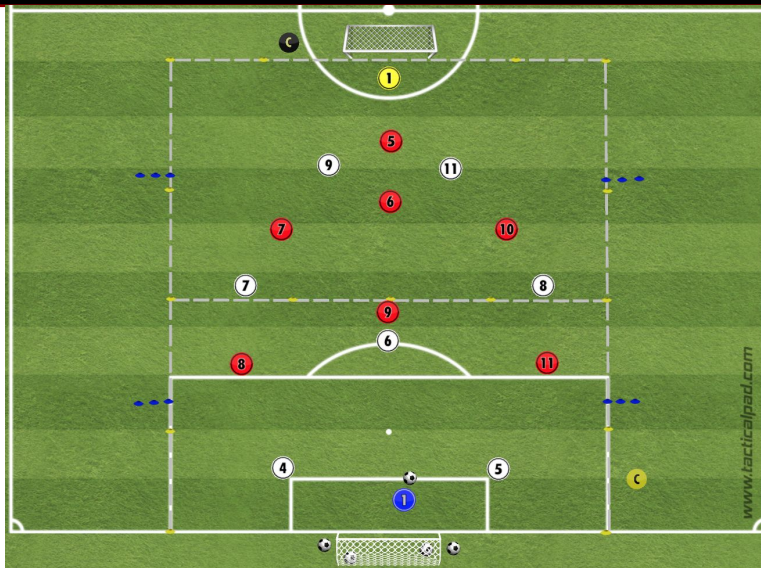
## PART 1: WARM-UP



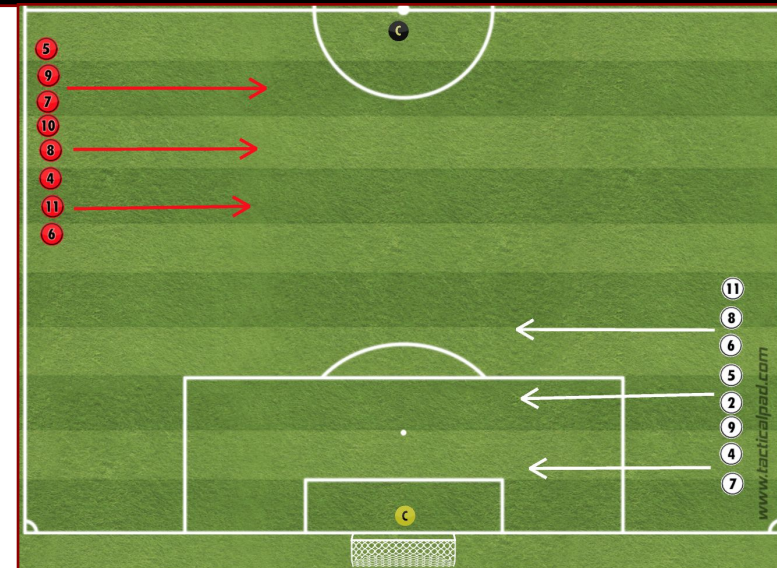
## PART 2: FUNCTIONAL (CENTRAL)



## PART 3: FINAL SSG

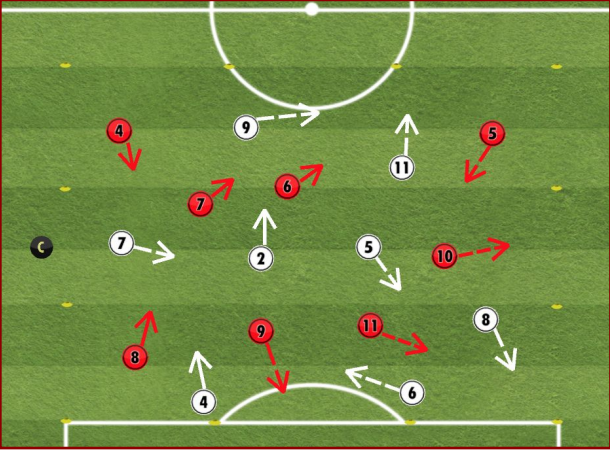
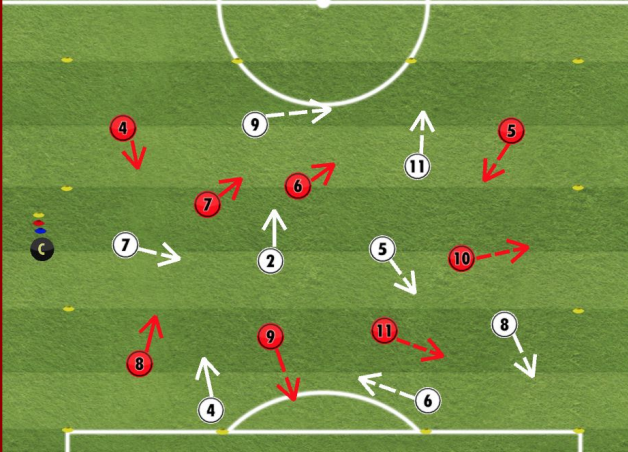


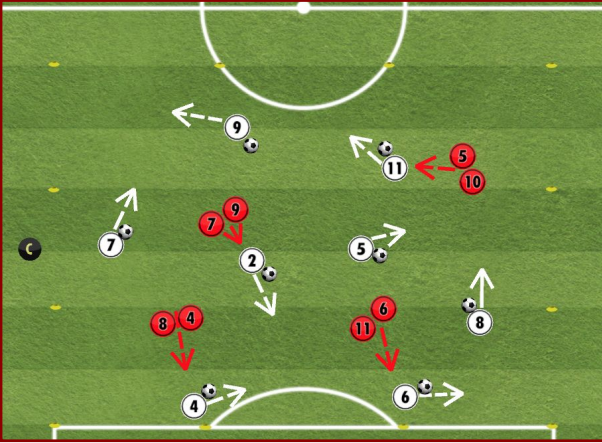
## PART 4: COOL DOWN



NOTES:



ORGANIZATION		WARM-UP: STAGE 1	
Body Activation Dynamic Stretching General Movement Increase Blood Flow Awareness of Teammates. 30x30 yards For all 3 warm up stages you need. 4 cones to make grid 1 red , orange , yellow cone for accelerations 10 red bibs 10 white 18 Balls			
<b>PRINCIPLES</b> Jogging in between: Open the gate, Close the gate, Kicking across the body, High knees, Flicks or Butt kicks, Twist the body, Sideways Jumping Jacks, Carioca both sides, Side Shuffles front and backwards. Headers on coach's signal.		<b>COACHING DETAILS</b>	
ORGANIZATION		WARM-UP: STAGE 2	
Mental/neural activation GK- go with gk coach On toes ready for quick change of speed and directions. Recovery jog inside the grid. Head up and give coach your full attention so you could hear the number called or head up to look what color he has lifted up. Awareness of teammates when running fast. 5-10mins			
<b>PRINCIPLES</b> In the same grid. Players will do the following accelerations. Speed of the movement increased. Based on their individual capacity. When the coach says a number or holds up colored cone,		<b>COACHING DETAILS</b> Players will run at 75% ( #3 or yellow ) 90% ( #2 or red ) 100% ( #1 or blue )	

ORGANIZATION		WARM-UP: STAGE 3	
The selected team (Red) gets in pairs by holding each other hands, they start game as defenders. Defenders are not allowed to break away from each other/let go of hands. Attackers (White) aim to dribble and avoid being tagged by defenders - not allowed outside of area. If Defenders tag an Attacking player they are frozen. Play until all attackers are tagged if not after 1 minute switch team roles.			
<b>PRINCIPLES</b> Warm up to build chemistry between the two defenders working together in game like scenarios. Pressure 1st defender and cover 2nd defender. Defenders focus on quick movement closing down space, and forcing the play one direction or isolating the player on the ball.		<b>COACHING DETAILS</b>	



# ORGANIZATION

## FUNCTIONAL (CENTRAL)

8v8 (Field as shown, right & left channels removed.)

Red: 0-2-3-1-2 (based on 1-4-3-1-2)

White: 1-2-3-2 (based on 1-4-3-3)

16 size 5 balls, Cones, Whiteboard, magnets & markers,

First aid kit, EAP

Bibs: 8 orange, 8 green, 1 yellow and 1 blue

Primary players: #8, #9 & #11

Secondary players: #7, #6 & #10

Modified FIFA rules: No throw-ins or corners. Defenders (W) score by playing ball into (A) the smaller nets or dribbling into red cone zone before the half way line.

Dimensions: 126 x 60 yards (half field)

Area: 44 x 55 yards (SSG)

Restart(s):

- W1 (GK) passes into either W4 or W5 - as the ball travels the session is live

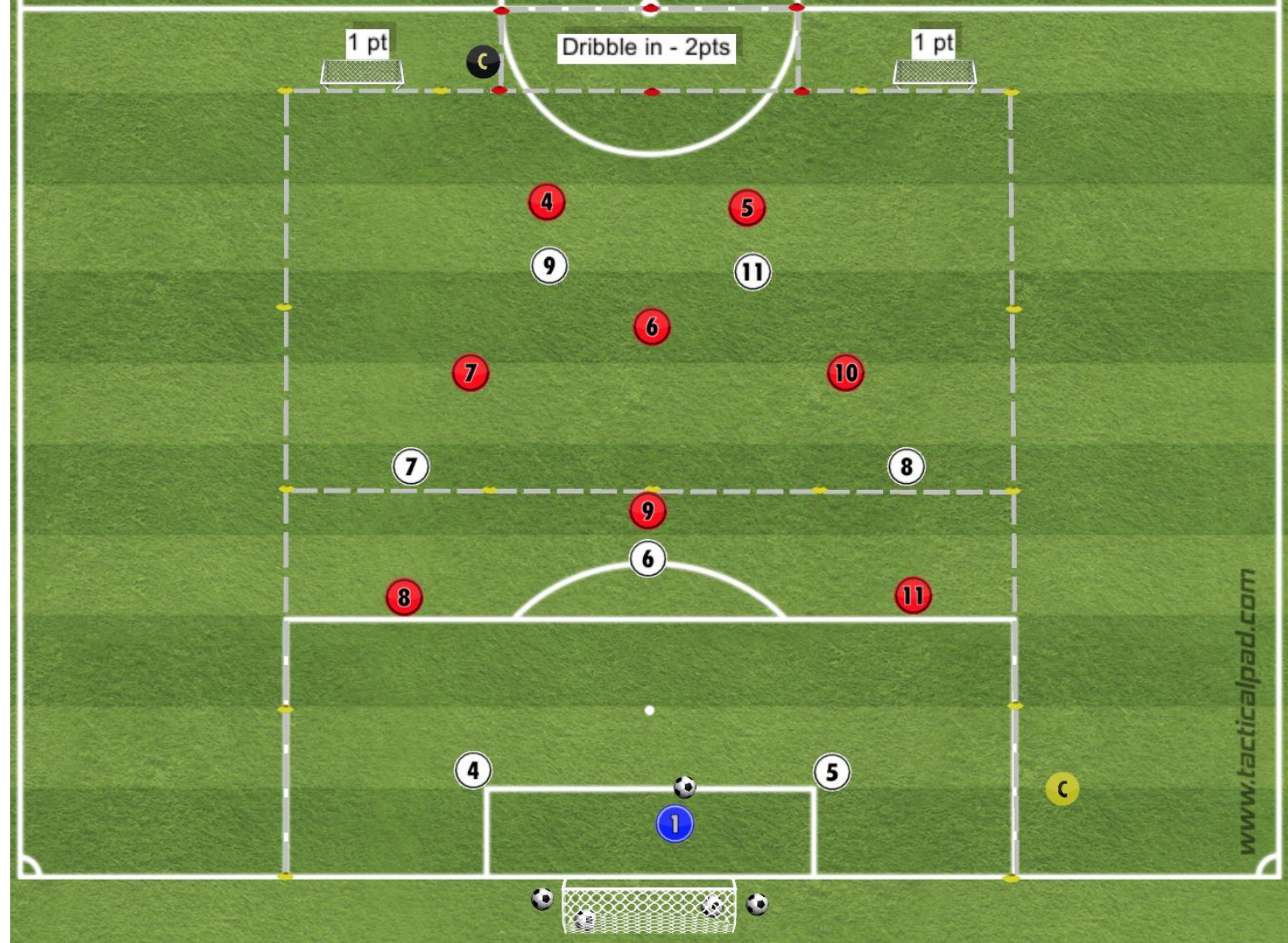
## PRINCIPLES

Defensive Organization

5 W/1H Framework

(Who, What, When, Where, Why & How)

- Look to pressure quickly, show attacker/opposition inside first
- Pressure with purpose
- Team organization - Mobile, Compact, & Central
- Timing of movement and body position to limit opposition options to play/pass wide



## COACHING DETAILS

- Make a decision on when and where to press
- Prevent play/passes wide
- Prevent play forward to break our defensive lines
- Anticipate behaviours of attackers and those supporting players
- Read body position and visual cues of supporting players on and off the ball
- Team organization to prevent and limit wide play and usage of wide areas of the field
- Scanning



# ORGANIZATION

## SMALL SIDED GAME (SSG)

8v8 (Field as shown, right & left channels removed.)

Red: 1-2-3-1-2 (based on 1-4-3-1-2)

White: 1-2-3-2 (based on 1-4-3-3)

1 Coach/team (HC Red & AC White)

16 size 5 balls, Cones, Whiteboard, magnets & markers, First aid kit, EAP

Bibs: 8 orange, 8 green, 1 yellow and 1 blue

Primary players: #8, #9 & #11

Secondary players: #7, #6 & #10

Modified FIFA rules: No throw-ins or corners. Both team score points by scoring on the opponents nets.

Dimensions: 126 x 60 yards (half field)

Area: 44 x 55 yards (SSG)

Restart(s):

- From the team/GK that is scored on. Passes into teammate - as the ball travels the session is live

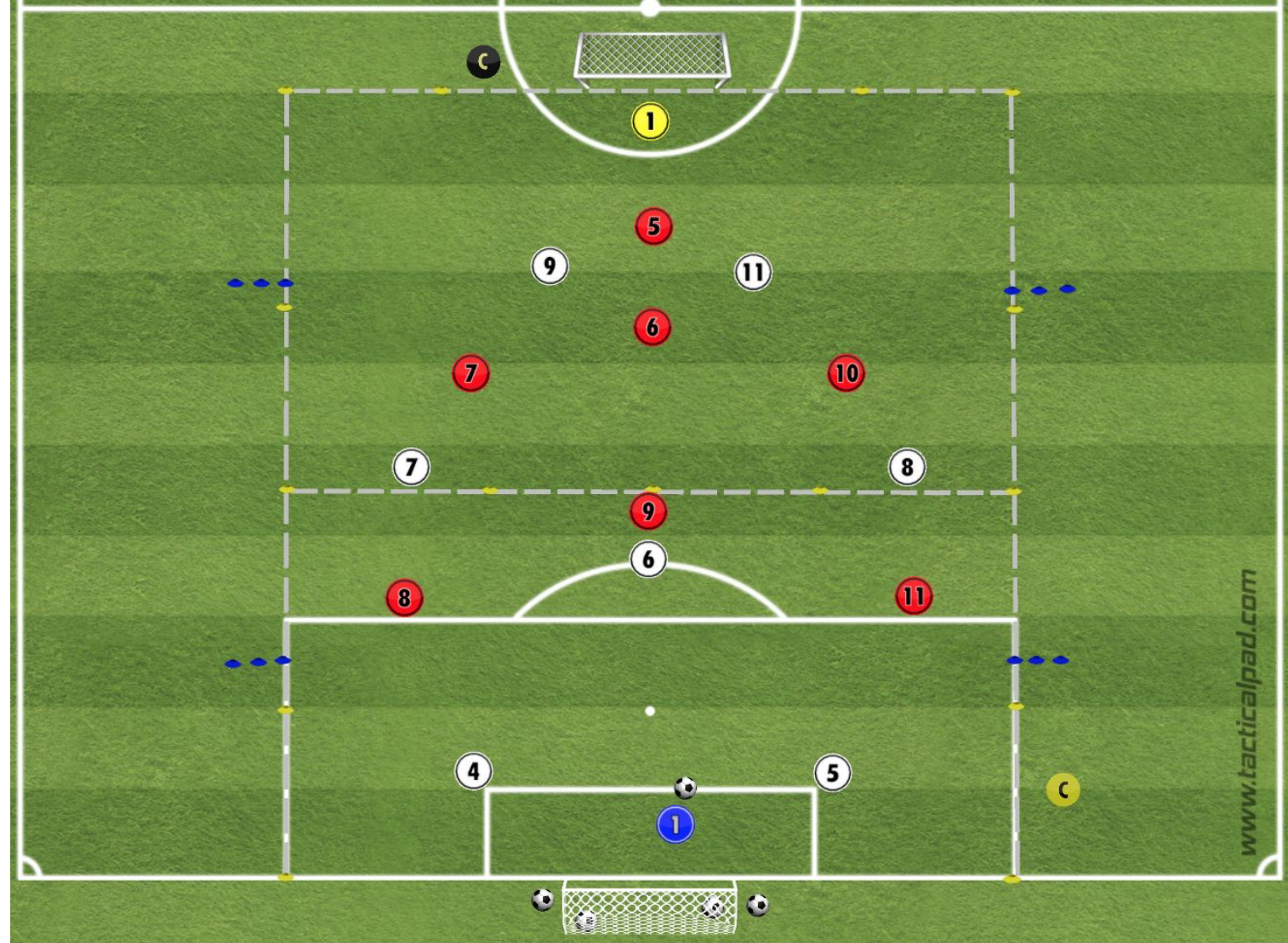
# PRINCIPLES

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- Look to pressure quickly, show attacker/opposition inside first
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# COACHING DETAILS

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"><li>Make a decision on when and where to press</li><li>Prevent play/passes wide</li><li>Prevent play forward to break our defensive lines</li></ul> | <ul style="list-style-type: none"><li>Anticipate behaviours of attackers and those supporting players</li><li>Read body position and visual cues of supporting players on and off the ball</li></ul> | <ul style="list-style-type: none"><li>Team organization to prevent and limit wide play and usage of wide areas of the field</li><li>Scanning</li></ul> |
|---|--|--|



# ORGANIZATION

## COOL DOWN

All Players

On Field Activities:

- Lite jogging
- Core exercises
- Lite stretching
- Water (hydration) & snack

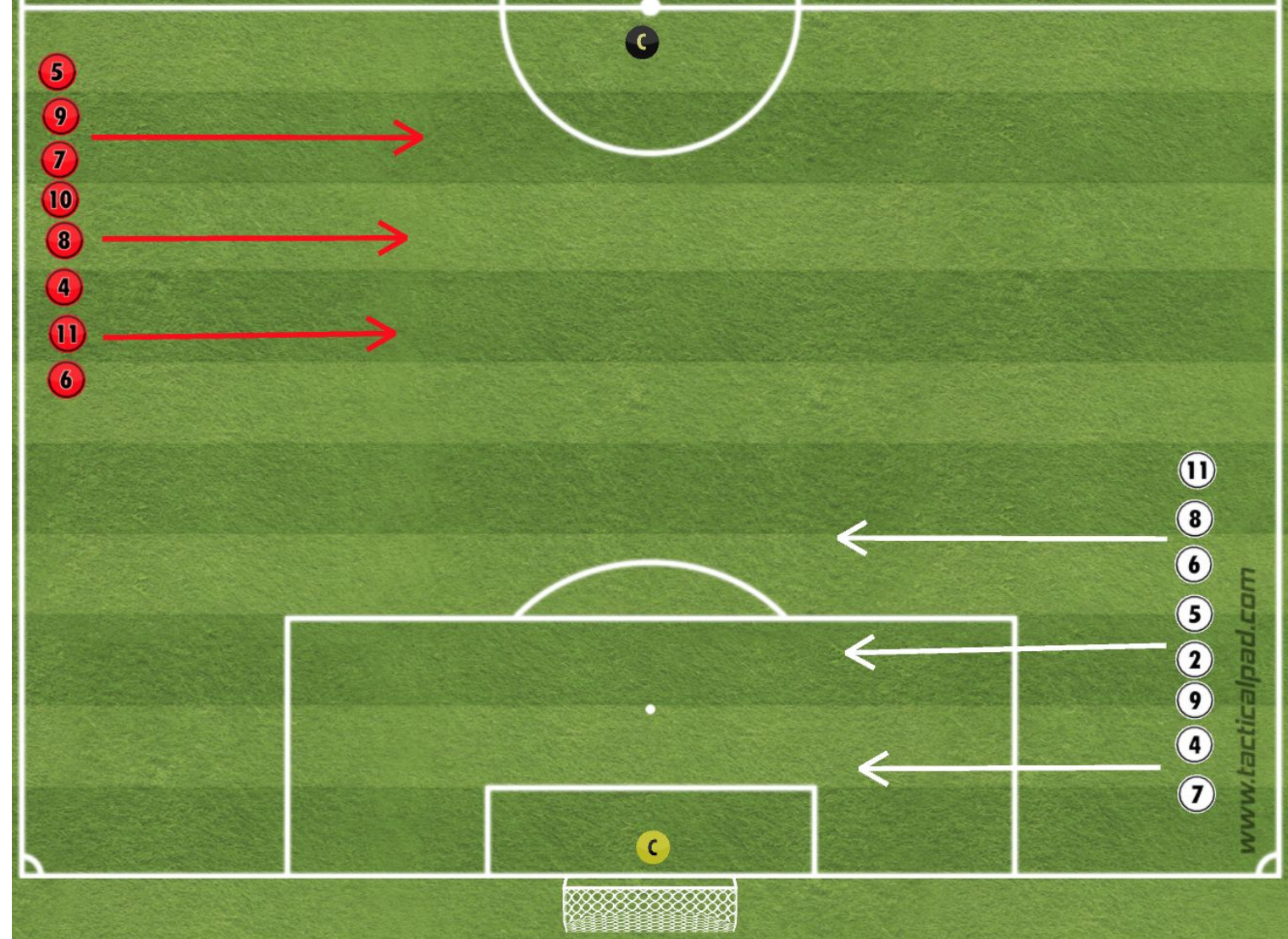
Encourage players while they're doing the cool down to discuss the session with each other.

# PRINCIPLES

Mental and physical relaxation

Recovery

Debrief: Opportunity to discuss the session and the objectives, learning, experience & understanding on the field.



## COACHING DETAILS

- Review the importance of well-being and to respect your body
- The cool down after session and/or games allows a gradual decrease at the end of the session or game.
- Explain and reiterate to athletes / players that their heart is still beating faster than normal, their body temperature is higher and your blood vessels are widened. This means if you stop too fast, you could feel ill.
- Reduce speed to allow heart rate to slow down
- Hold each stretch 10 to 30 seconds. The stretch should be strong, but not painful.
- Do not bounce.
- Breathe while you're stretching. Exhale as you stretch, and inhale while holding the stretch.





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Mid-Point Session Plan

Thursday, February 29th, 2024