

Name of Clinic/Seminar

BC Soccer Conference. May1 -3, 2009. Capilano University Sports Complex

Name of Presenter(s)

*NSCAA Director of Coaching Development Jeff Tipping
UEFA Football Development Consultant Robin Russell
Founder of Stretch Therapy and Micro Stretching Niko Apostolopolous.
National U-20 team coach Tony Fonseca
National Women's Team Coach Carolina Morace*

Area of Excellence (i.e. defense, shooting, motivation)

Motivational and educational coaching sessions were taught by world class speakers

Description of the Drill or Learning

Both national team coaches were conducting practices designed for elite male and female athletes. In addition, there were 3 sessions, which covered:

- *Zonal Defending*
- *Brazilian Passing and Receiving Exercises*
- *Crossing and Finishing*

**Example on next page*

Topic Zonal Defending in 4 – 4 – 2 Formation.

Name Date

Objectives

Learn players' roles and responsibilities of zonal defence.

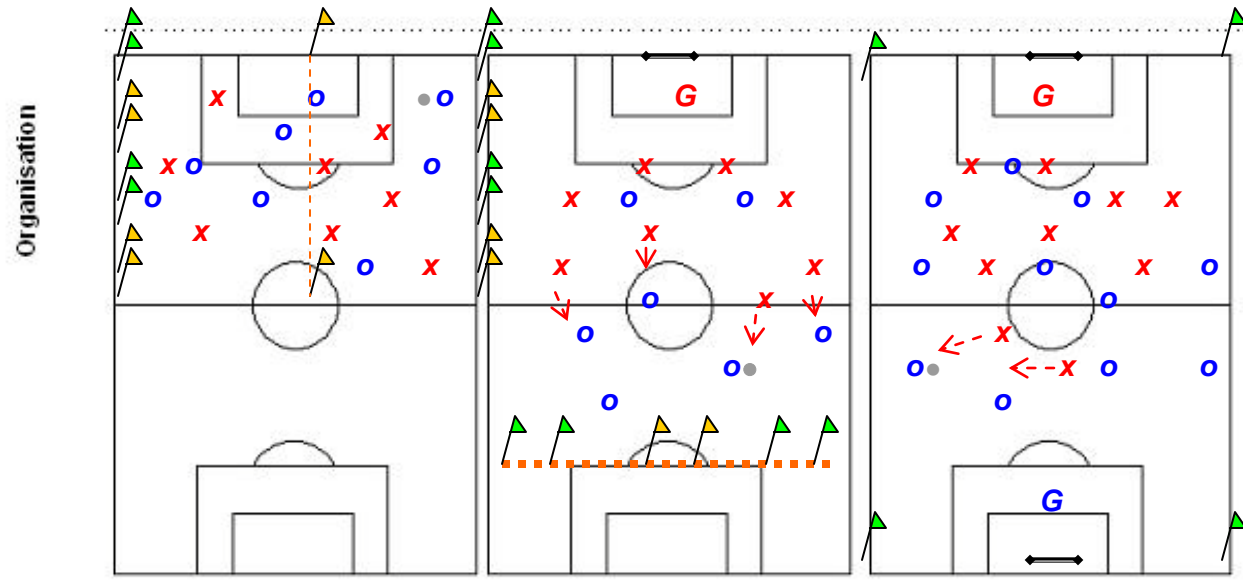
Weak-side flank defenders decisions: when to compress team laterally.

Defence: when to compress team vertically, when to mark and how to mark (angle and distance)

Midfielders blocking the vital areas, cut options. Force to play the ball back or across.

Anticipate the play and look for opportunity to win possession.

Forwards try to make the play predictable.



Structure / Rules

Half of the field *3/4 of the field (Functional)* *Progress to 11 vs 11*

2 teams 8 vs 8 *2 forwards against* *Full pitch*

8 goals. Line football *4 defenders, who play zone*

..... *Gradually progress to*

Team must be on the *4D+4M+2F vs 2F+4M+4D*

opponent's half *Blue in possession*

to score the goal

Key Points

Deny the space at the point of attack, pressuring ball carrier (distance, angle and

Speed of approach), support pressure, communication.

Decision when players need to be marked.