

Two Zone Retreat

Saturday, 08 December 2007

This drill is for players to work on both individual defending and team defending. (Advanced)

Click image to view all steps.

{gallery}2010{/gallery}Steps:

- To start off you will have one player from the blue team and the yellow team in zone 1. In zone 2 there will be three players from the yellow team and 3 players from the blue team.
 - The yellow team starts off with the ball in zone 2. The blue team starts off defending. The yellow team is trying to maintain possession in zone 2 while the blue team is trying to win the ball. Once the blue team wins the ball, they have three passes to play the ball to their teammate in zone 1.
 - Once the blue player in zone 1 has received the ball from his teammates, the game is all in. Both the blue team and the yellow team can enter zone 1 and involve themselves in the play. The blue team gets a point if they score on the goal. The yellow team gets a point if they clear the ball out.
- Setup:
- Half of the field broken into two zones.
- 9 players: Two teams (4 yellow, 4 blue), 1 keeper
- Variations:
- Add another player to the blue team in zone 2.
 - Limit the touches a player can take
- Tips:
- When the yellow team loses the ball, they need to recover on defense and position themselves between the player with the ball and the goal.
 - The yellow player in zone 1 should try to slow down the attacking player in order to give his other players time to get back on defense.