



ZONAL SET PLAY SET UP

GROUP 1

ROSS BALLANTYNE

CHRIS SMITH

KYLE ENO

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WHAT KEY PRINCIPLES NEEDED TO SUCCESSFULLY DEFEND SET PLAYS



- Be Prepared - Know exactly **WHAT** your responsibility is !
- Be Organised - Know exactly **WHERE** on the pitch you should be !
 - Be Aware - Know exactly **WHO** is where at all times !
- Be Active - Know **WHEN** to move and **HOW** to get where you need to go !
 - Be Responsible - **DO** your Job !



ZONAL MARKING PRO'S



PRO'S

Attack the ball instead of reacting to the opponent

Effective counter attack

You can get your best aerial players in the most dangerous areas for the opposing attackers

There is less chance of the opposition getting a block on your most dominant players

React to 2nd phase/balls quicker and to get back into a shape

Individual players are responsible and accountable for their designated areas to defend



ZONAL MARKING CON'S



CON'S

The attacking team gets a running leap and the defending team is mostly static

A good delivery and run can exploit the spaces in between the defensive zones. These spaces can sometimes be grey areas with players hesitating on who's specific zone it is to attack.

Clever opposition movement could dictate to the zone.. ie. pulling a zonal player short could make a particular area more vulnerable to exploit.



DAVID DE GEA



RAFAEL



JONNY EVANS



RIO FERDIAND



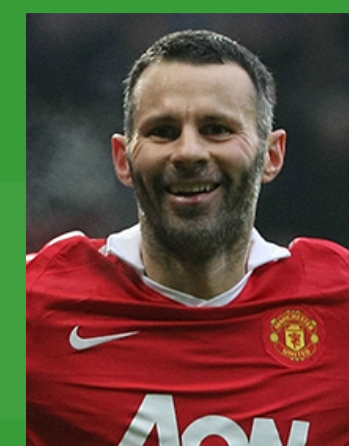
PATRICE EVRA



VALENCIA



MICHAEL CARRICK



RYAN GIGGS



ASHLEY YOUNG



WAYNE ROONEY



ROBIN VAN PERSIE



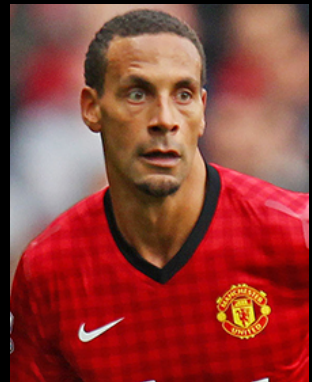
ZONAL MARKING KEY PLAYERS



COMMUNICATION WITH IN THE SET UP , DECSION MAKING DTB OR DTG



FRONT OF THE ZONAL LINE DUE TO HIS LEAP TO CLEAR ANY BALLS PLAYED INTO THE FRONT ZONE



ORGANISER FOR THE SET UP ZONAL LINE TOOK OFF HIM



SWITCHED ON FOR SHORT CORNER AND FOR SUPPORT ON THE COUNTER ATTACK



THE OUT BALL FOR THE COUNTER ATTACK BUT ALSO SWITCHED ON IF REQUIRED FOR A DEFENSIVE OVERLOAD



UPCOMING OPPONENTS

MAN CITY

- **LAST GAME CONCEDED FROM A CORNER WITH MAN MARKING**

- **MAN MARKED AND CROWD THE BOX ALLOWING SPACE FROM PENALTY SPOT TO EDGE**

- **GOING ZONAL WOULDN'T ALLOW THIS SPACE AND EACH PLAYER WILL HAVE JOB RATHER THAN MAN MARKING AND ALL GETTING DRAWN TO THE BALL**



UPCOMING OPPONENTS

MAN CITY





UPCOMING OPPONENTS

MAN CITY



MC 1-2 MU

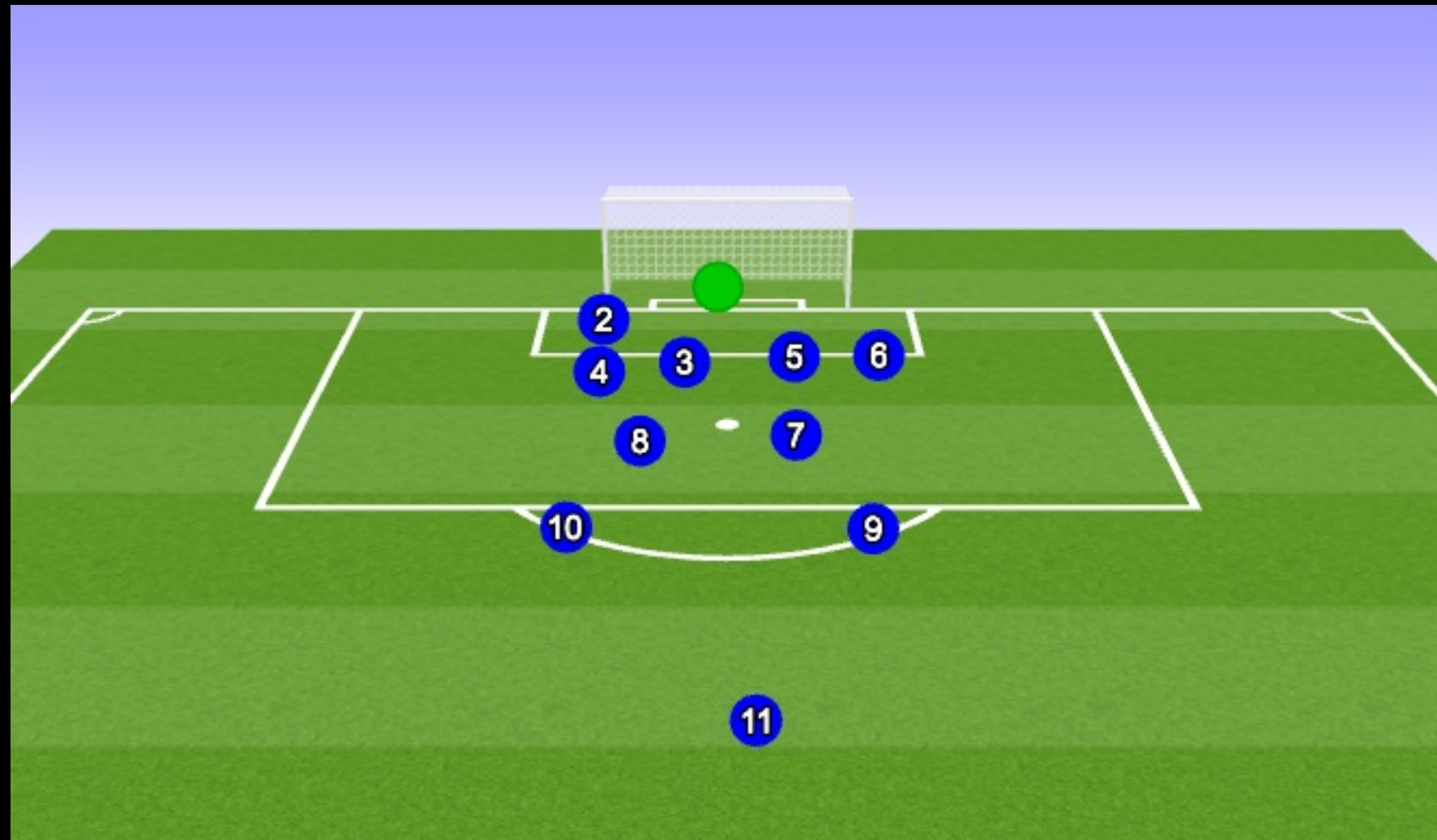
GK + 9 IN 6 YD BOX
AGAINST 6

GOAL FROM UNMARKED
PLAYER AT EDGE



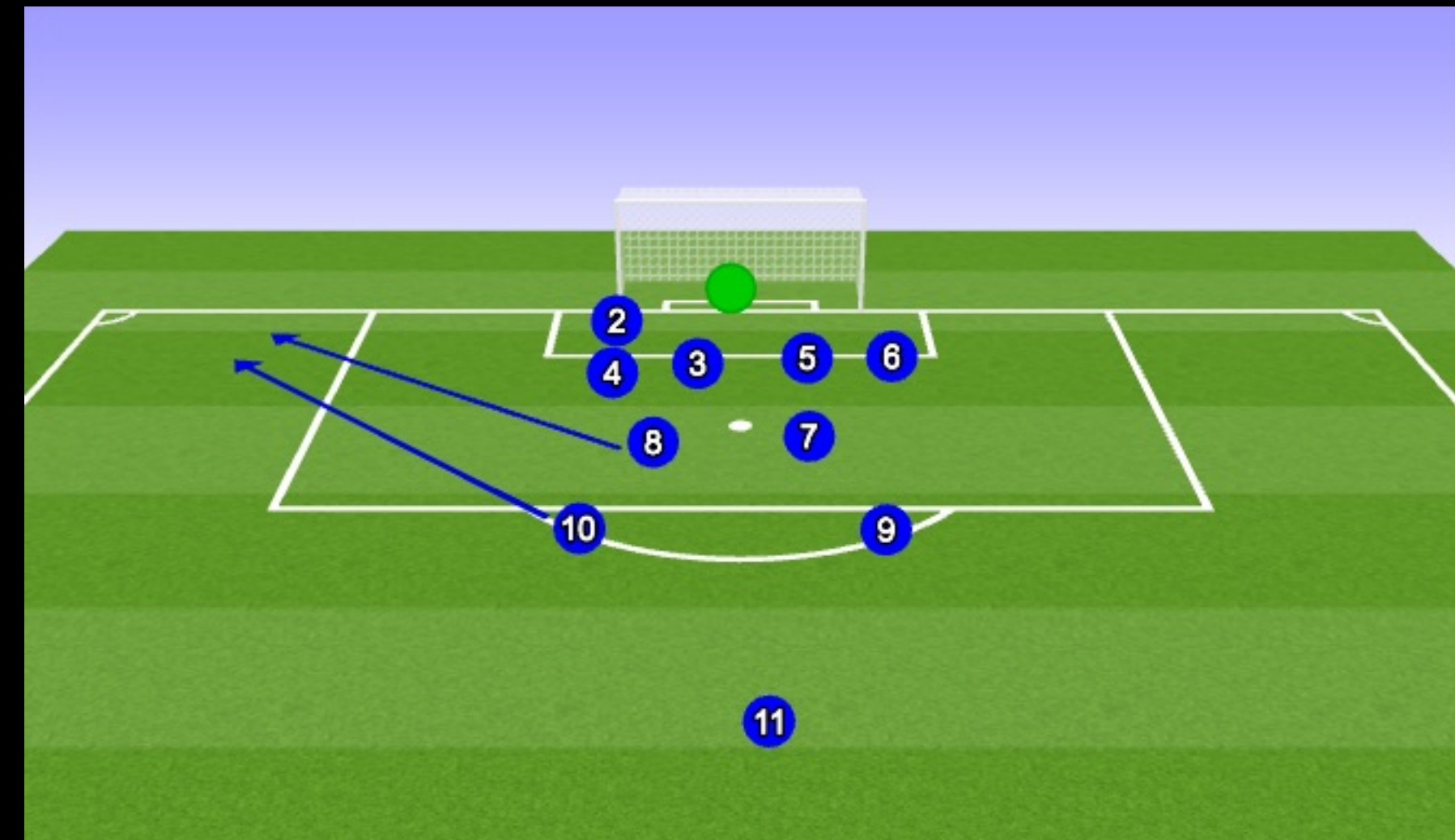
ZONAL MARKING SET UP

ZONAL MARKING



2- Rafael 4 -Van Persie , 3 -Evans , 5-Ferdinand
6 -Carrick,8 -Rooney ,7-Evra
10 -Valencia ,9-Giggs , 11-Young

ZONAL SHORT CORNER



2- Rafael 4 -Van Persie , 3 -Evans , 5-Ferdinand
6 -Carrick,8 -Rooney ,7-Evra
10 -Valencia ,9-Giggs , 11-Young



ZONAL MARKING TRAINING/ MATCH PROGRAM



1. VIDEO ANALYSIS OF UP COMING OPPONENT AND DANGERS

2. SET PLAY SHAPE WITHOUT OPPOSITION (SHADOWING THE ZONES)

3. SET PLAY SHAPE WITH OPPOSITION

4. SET PLAY SHAPE WITH OPPOSITION WITH A LIVE 9 V 9 GAME

5. MATCH DAY GRAPHICS ON THE WALL / COMPUTER ALSO SEND TO EACH PLAYER



ZONAL MARKING TRAINING/ MATCH PROGRAM



THE SESSION: TECHNICAL WARM UP 20 MINS

S1 plays a low pass into the Gk, between the 2 mannequins. Gk will then pass the ball to S2, before moving efficiently into a relative position for S3. S3 will dribble the ball towards the byline, before driving a cutback into the mannequin area for the Gk to deal with. If the Gk catches the ball, keep continuous - GK distributes the ball to S1 to repeat.

PROGRESSIONS:

- Vary the types of service (difficult passes, volleys, etc)
- GK dictates type of service
- S1 can finish service from S3

KEY MESSAGES/POINTS:

- Positioning and Footwork (From S2 to S3 : Efficient footwork)
Positioning related to service and post
- Communication (Keeper , Away)
- Body shape in passing and receiving
- Diving technique
- Handling technique





ZONAL MARKING TRAINING/ MATCH PROGRAM



THE SESSION: THEMED PRACTICE 1 SERVICE FROM WIDE AREAS 20 MINS

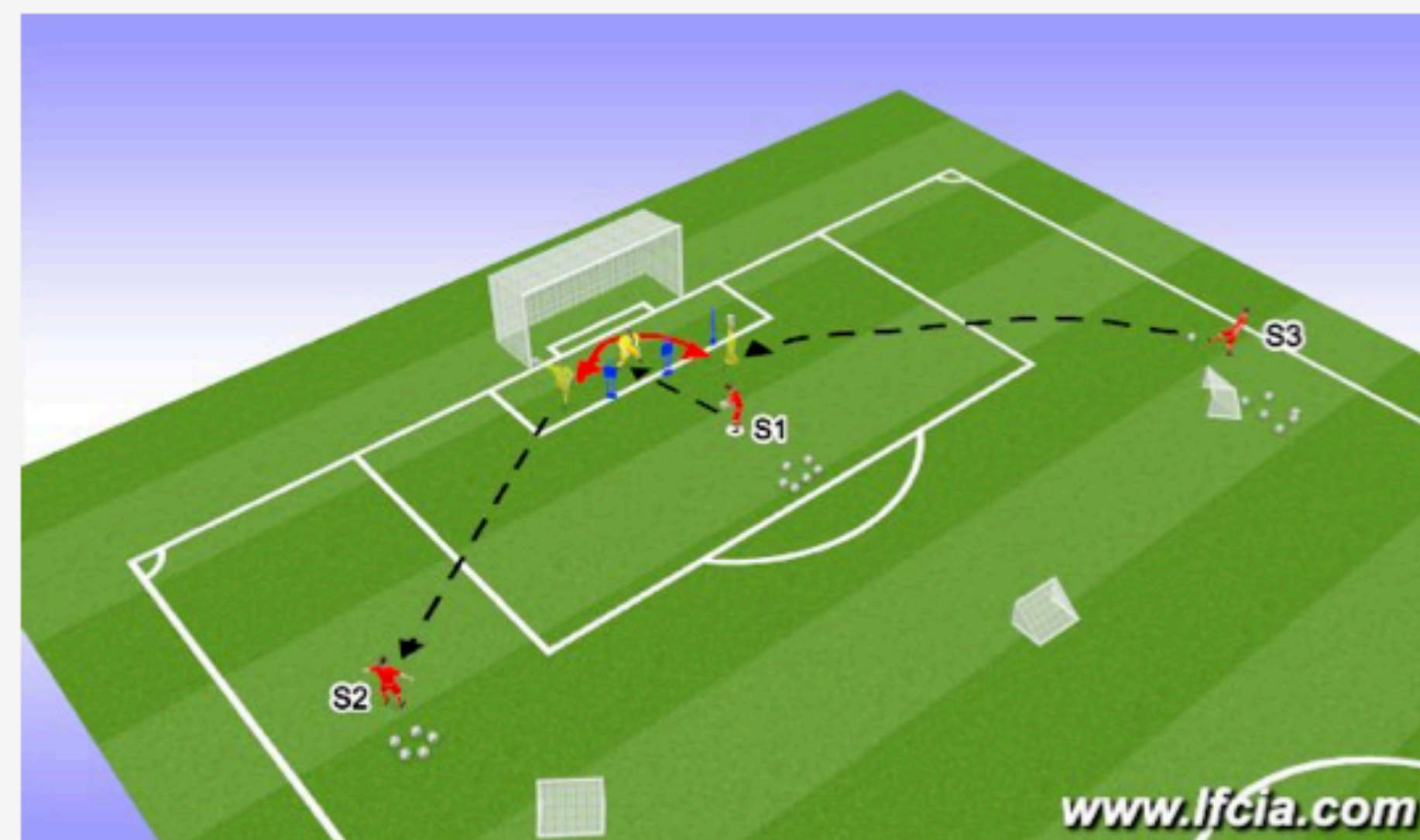
S1 will throw the ball into the mannequin area for the Gk to come and collect efficiently. The Gk will then distribute the ball to S2, before moving into a relative position to deal with a cross from S3. S3 will cross the ball into the mannequin area for the Gk to deal with.

PROGRESSIONS:

- Varied service from S1 to start
- S1 can finish service from S3
- If GK cleanly handles service from S3, can distribute to mini goals or S2
- If poor service from S3, S1 has a ball ready to try and finish - replicating a shot from wide service

KEY MESSAGES/POINTS:

- Positioning and Footwork (From S2 to S3 : Efficient footwork) Positioning related to service and post
- Communication (Keeper , Away)
- Diving technique
- Handling technique





ZONAL MARKING TRAINING/ MATCH PROGRAM



THE SESSION: THEMED PRACTICE 2 SERVICE FROM WIDE AREAS 20 MINS

Gk starts in shaded pitch area, in front of mannequins. Gk will distribute the ball into a goal target. After distribution, Gk holds position within the shaded area. On coach command of 'DROP S1', the Gk must drop to deal with a cross from either S1 or S2. The Gk's position must be relative to the active server and their ball position. S1/S2 will then cross the ball into the mannequin area for the Gk to deal with

PROGRESSIONS:

- Varied ball from C and varied distribution to goals (throw, side volley)
- Add attacking players in box - C can finish service as necessary
- If GK handles service clean, distribute to goals

KEY MESSAGES/POINTS:

- Positioning and Footwork (From Shaded to S1/S2 : Efficient footwork) Positioning related to service and post
- Communication (Keeper , Away)
- Diving technique
- Handling technique
- Scanning field and play - inswing or outswing service
- Distribution Technique





ZONAL MARKING TRAINING/ MATCH PROGRAM



THE SESSION: UNOPPOSED CORNERS 20 MINS

Various types of corner kick deliveries are taken for the goalkeeper to cleanly and effectively deal with.

PROGRESSIONS:

- Add in counter attack distribution to the backs and midfield (#6) if handled cleanly

KEY MESSAGES/POINTS:

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- Positioning and Footwork (From Shaded to S1/S2 : Efficient footwork) Positioning related to service and post
- Communication (Keeper , Away)
- Diving technique
- Handling technique
- Scanning field and play - inswing or outswing service
- Distribution Technique





ZONAL MARKING TRAINING/ MATCH PROGRAM



THE SESSION: UNOPPOSED CORNERS 20 MINS

Various types of corner kick deliveries are taken for the goalkeeper to cleanly and effectively deal with.

PROGRESSIONS:

- Add in counter attack distribution to the backs and midfield (#6) if handled cleanly
- Repeat from both sides

KEY MESSAGES/POINTS:

- Positioning and Footwork (From Shaded to S1/S2 : Efficient footwork) Positioning related to service and post
- Communication (Keeper , Away)
- Diving technique
- Handling technique
- Scanning field and play - inswing or outswing service
- Distribution Technique





ZONAL MARKING TRAINING/ MATCH PROGRAM



THE SESSION: WALK THROUGH OF ZONAL RESPONSIBILITIES

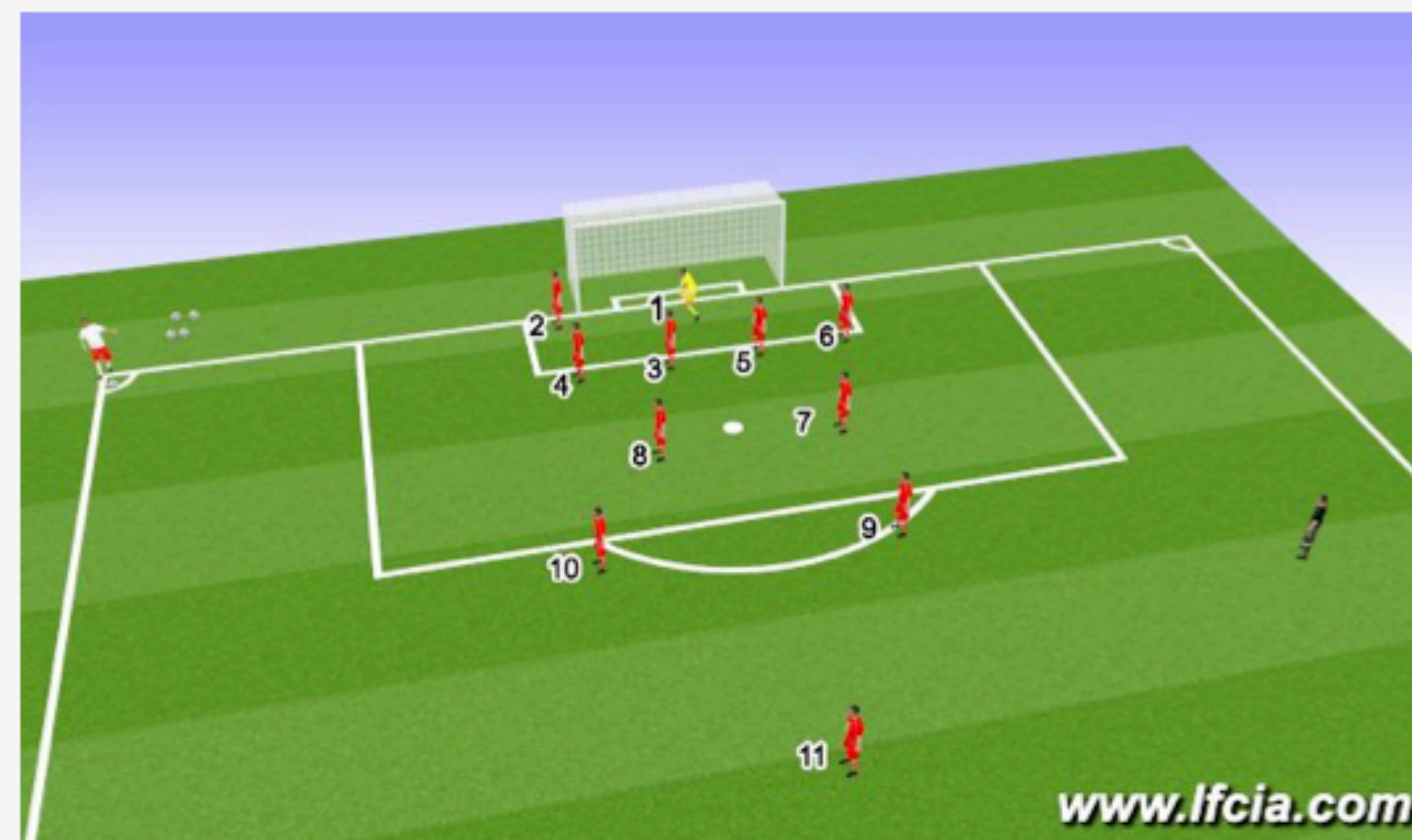
Walk through of each player's role in our zonal marking system.

Roles:

2 - Rafael : Near Post 4 - Van Persie : Six Yard Line Above Rafael
3 - Evans : Six Yard Line Behind Van Persie
5 - Ferdinand : Six Yard Line Behind Evans (Back Half Of Goal) 6
- Carrick : Six Yard Line (Back Post Or Deeper)
8 - Rooney : In Front Of Penalty Spot 7 - Evra : Behind Penalty Spot
10 - Valencia : Front Of Half Circle (Top of 18)
9 - Giggs : Back Of Half Circle (Top of 18) 11 - Young : Apx 25 - 30 Yards Up Field

KEY MESSAGES/POINTS:

- Understand Our Zonal Responsibilities In All Corner Situations
- Demanding and specific communication from the goalkeeper
- Attack the ball!
- Pride in defending and counter-attacking





ZONAL MARKING TRAINING/ MATCH PROGRAM



Responsibilities : Short Corner Right

THE SESSION: WALK THROUGH OF ROTATIONS ON A SHORT CORNER : RIGHT CORNER

Rooney and Valencia pressure and mark kick-taker and short option. Evra rotates into space vacated by Rooney. Giggs drops into space vacated by Evra. Young drops deeper to open zone at the top of the 18

KEY MESSAGES/POINTS:

- Understand Our Zonal Responsibilities In Short Corner Situations : Do Not Chase Runners
- Demanding and specific communication from the goalkeeper
- Attack the ball!
- Pride in defending and counter-attacking





ZONAL MARKING TRAINING/ MATCH PROGRAM



Responsibilities : Short Corner Left

THE SESSION: WALK THROUGH OF ROTATIONS ON A SHORT CORNER : LEFT CORNER

Rooney and Valencia pressure and mark kick-taker and short option. Evra rotates into space vacated by Rooney. Giggs drops into space vacated by Evra. Young drops deeper to open zone at the top of the 18

KEY MESSAGES/POINTS:

- Understand Our Zonal Responsibilities In Short Corner Situations : Do Not Chase Runners
- Demanding and specific communication from the goalkeeper
- Attack the ball!
- Pride in defending and counter-attacking





ZONAL MARKING TRAINING/ MATCH PROGRAM



Walk through VS Opposition

THE SESSION: WALK THROUGH VS OPPOSITION

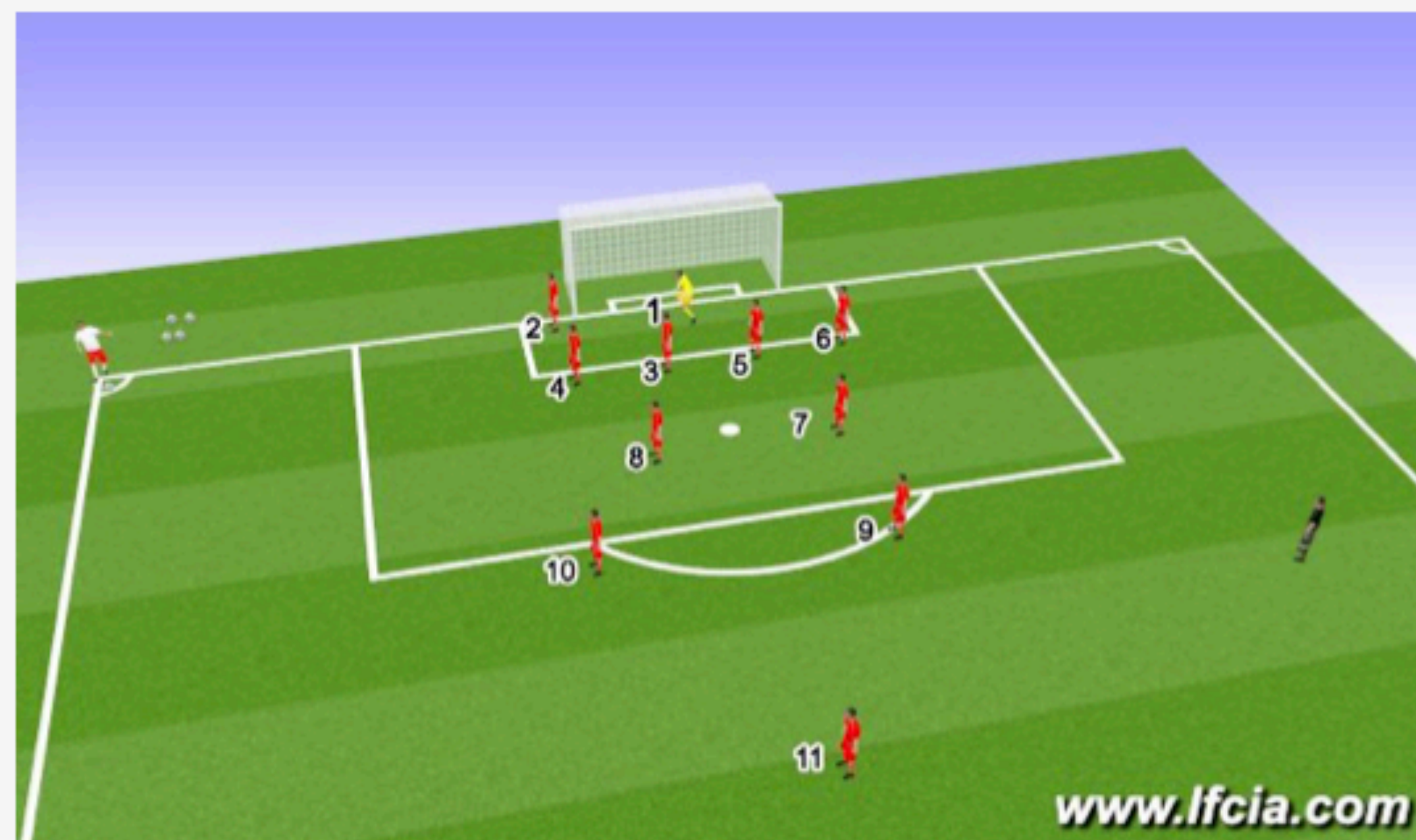
Walk through of various corner kick situations run similarly to the opposition.

PROGRESSIONS:

- From studying opposition, walk through defending their system of attacking corners

KEY MESSAGES/POINTS:

- Understand Our Zonal Responsibilities In Short Corner Situations : Do Not Chase Runners
- Demanding and specific communication from the goalkeeper
- Attack the ball!
- Pride in defending and counter-attacking



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PLAN , PREPARE AND REVIEW



1. PLAN - UPCOMING OPPONENT (WHAT ARE THERE STRENGTHS ON SET PLAYS AND WHAT SYSTEM TO PLAY)

2. PREPARE - VIA VIDEO ANALYSIS AND ON THE TRAINING PITCH

3. REVIEW - SUCCESS RATE VIA WINS , THREATS , TRANSITION ON ATTACK AND GOALS CONCEDED



TEAM PHILOSOPHY

- DEFEND FROM THE FRONT

- DEFEND AS A UNIT

- QUICK TRANSITION

- QUICK COUNTER ATTACK

- EXPLODE SPACE



ANY QUESTIONS ?