



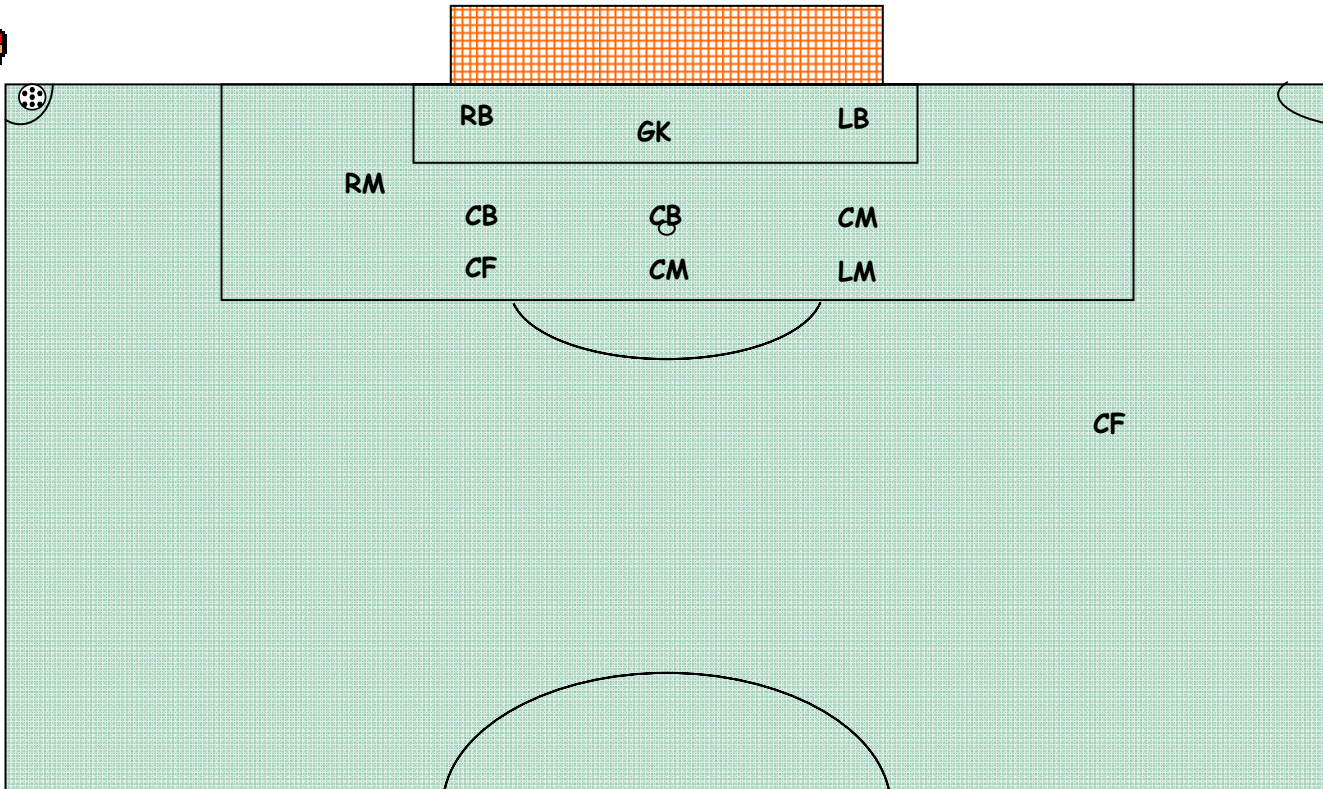
Kentucky Youth Soccer Association Coach Education Lesson Plan



Subject = Defending Corner (Zonal)

Coach = Adrian Parrish

Zonal Defending/Marking is where the players are made to defend a certain area of the 18 yard box. The key concept to zone defending is where a defender is standing between the ball and the goal in his or her own area. Once an attacker moves into the area which they are marking, they must challenge them. Players must understand their positions so they know when they can move out of their positions and communicate with their team mates if they need help defending.



Description

- * Both Full Backs stand on the inside of the post. If the Keeper moves forward off their line the full backs take a few steps centrally
- * If the corner is taken from the left hand side, the RM stands slightly in front of the six yard box and step closer towards the goal line.
- * One CB stands on the six yard box almost parallel with the front post.
- * The taller of the two CB's starts on the six year box in the middle of the goal
- * The taller of the two CM's starts on the six yard box almost parallel with the back post
- * The taller of the two CF's comes back and starts parallel with the front post about 12 yards out
- * The second CM's stands on the penalty spot
- * The LM stands parallel with the back post and about 12 yards out
- * The other CF stands out of the 18 yard box on the opposite side of which it is being taken.
- * Players turn their bodies at a slight angle to where they can see the corner taker and the whole field.
- * Defensively they move in a 90 degree radius, attacking any ball that is played into the area which is in front and to the left of them.

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