

2010 NSCAA Convention Clinic Outline Book

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Building Zonal Defenders One Player at a Time

The role of the first defender in a zonal defense is crucial to set up the position of the rest of the defense. The session will begin with the defending four getting used to applying immediate pressure on the ball one defender at a time with an emphasis on the communication of the "step" and the fundamentals/body positioning of their defensive approach.

The supporting second and third defenders will be introduced to the topics of cover and balance.

The supporting defenders will focus on spacing and body positioning as they attempt to cover man and space. 2v.2, 4v.4 and 8v.8 situations will be utilized to teach the concepts.

Topics covered in the session include:

- Channeling/squeezing attacking play to specific areas (press pockets)

- Recognizing double-team opportunities

- Understanding back pressure moments

- Pressuring individual attackers to make mistakes

- Considering overall tackling moments

- and/or In the case of not putting immediate pressure on the ball, allowing the defense to delay and get numbers behind the ball.

