I. Technical Warm-up (1v1):

**ACTIVITY INTENSITY:** Medium Light  
**Field Size:** 10 x 30  
**DURATION:** 10 min

**Organization (Physical Environment / Equipment / Players):**
- Groups of 4, with the following roles: (1) Server, (1) Attacker, (1) Defender, (1) Target
- Server plays attacker, with the goal of the attacker trying to play the target
- Coaching points focused on defender
- 4 balls each rotation, switch server and attacker with defender and target

**Coaching Points / Key Concepts:**
- Speed of closing down  
- Posture/Position (low & mobile)  
- Control  
- Patience and timing of tackle

II. Main Part: Small-Sided Activity (6v4):

**ACTIVITY INTENSITY:** Medium Light  
**Field Size:** 75W x 50L  
**DURATION:** 15 min

**Organization (Physical Environment / Equipment / Players):**
- Four vertical defending zones marked out
- 6 attackers, 4 defenders + GK
- Coach restricts forward movement of midfielders initially
- 4 defenders play ball to coach when possession is won

**Coaching Points / Key Concepts:**
- Passing players on  
- Communication  
- Squeezing & protecting space  
- Pressure, cover, balance, recovery  
- All points in previous activity

III. Main Part: Extended Small-Sided Activity (11v8+GK)

**ACTIVITY INTENSITY:** Medium  
**Field Size:** ¾ Pitch  
**DURATION:** 20 min

**Organization (Physical Environment / Equipment / Players):**
- GK + 8 defenders play in 1-4-3-1
- Defenders work to connect the back 4 to midfield 3
- 11 play to goal, 8 play to small goals

**Coaching Points / Key Concepts:**
- Space between lines  
- Reading Pressure  
- Making play predictable  
- Showing/funneling players  
- All points in previous activity

IV. Game:

**ACTIVITY INTENSITY:** Medium Hard  
**Field Size:** Full Field  
**DURATION:** 10 min

**Organization (Physical Environment / Equipment / Players):**
- 11v11 full field

**Coaching Points / Key Concepts:**
- Focus on zonal defending of back 4 and midfield