

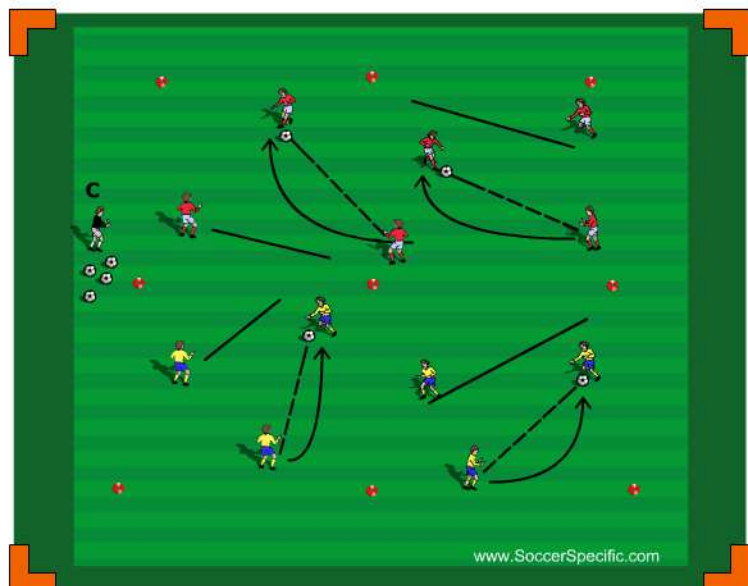


ACTIVITY #1

Set up: Set up 2 grids and sort players out into 2 teams.

Instructions: Players will jog around freely in each grid and upon command be asked to tag 3 different players and avoid being tagged. Can start with basic tag and move onto tagging elbow or elbo or shoulder etc. On command switch players will jog to other grid and while jogging will do some dynamic warm up stuff as in side to side, knees up, heels up etc. Following tag and jogging across the coach will give the buzz word of De or Defense when the player will get into a good defensive stance and shuffle backwards for 4 - 6 steps and continue to move and follow commands.

Coaching Points: Focus on players moving around and then give them a stretch followed by proper stance and shuffle. Good body position and balance.

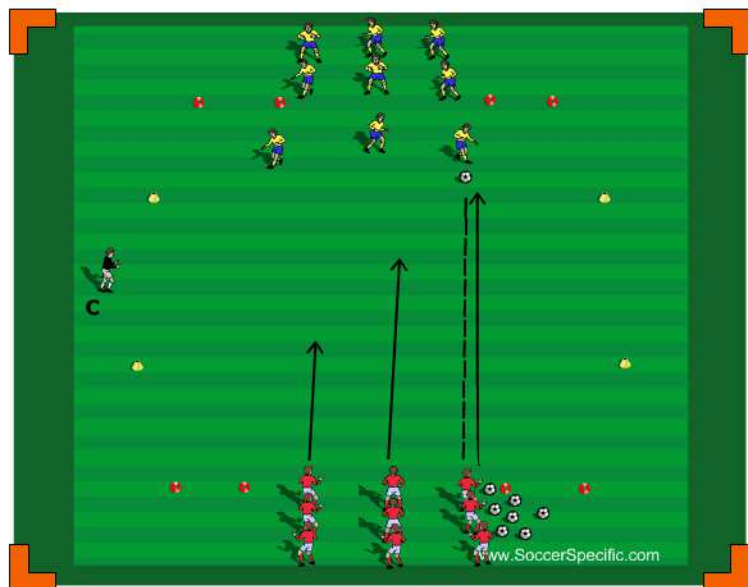


ACTIVITY #2

Set up: Set up 2 grids and sort players out into 2 teams.

Instructions: Players will pass and move in their respective grid. When the player passes the ball they will apply immediate pressure to ball and allow a few dribbles then jog away. Then when player jogs away the ball will continue to be passed to different players and repeat same process. On the command switch the ball will be pass across to a different color and two players will quickly pressure and cover and then jog away and continue with first step.

Coaching Points: Focus on angle of approach and eye on the ball. Good body position and balance and if good cover by supporting player.

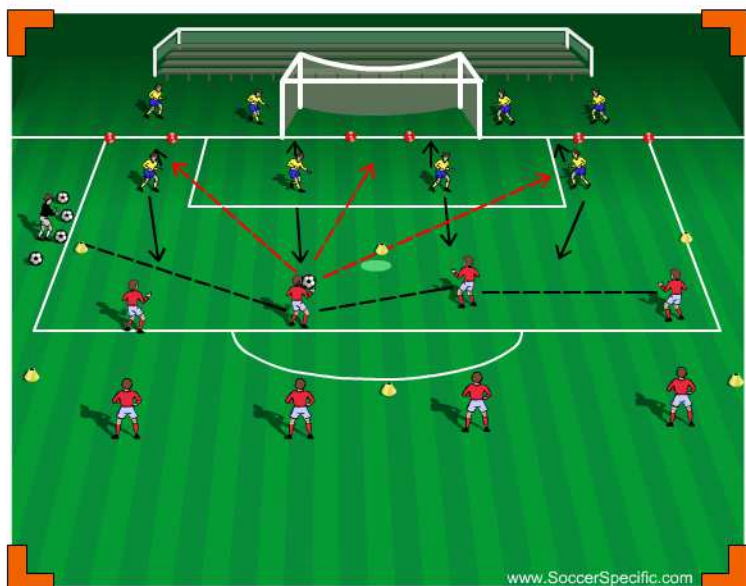


ACTIVITY #3

Set up: Set up a grid appropriate to players to play 3 v 3 as well as two small goals towards outside of grid.

Instructions: Players will play 3 v 3 and one side will pass to the other side who will begin the attack. The team that passes the ball will quickly get into a defensive shape and if they win the ball can score on opposing side. The coach will determine when the game is done and start the next group.

Coaching Points: Coach will focus on team applying immediate pressure followed by cover and balance. Does the group defending communicate and read the verbal and visual cues while defending. Do the players have good angle of support and push the player towards their help. Defending



ACTIVITY #4

Set up: Set up 2 long grids about 12-15 yards along with 3 target goals.

Instructions: The 4 players will defend their 3 goals by stepping up and cutting off the angle and provide cover and balance as the ball is passed by players in the grid facing the small goals. The players will have to know when the step up and when to drop back as well as communicating with each other. Alternate players in both grids to allow other players to play defense. I would give one minute for one team to defend and see if they can get any goals scored on them.

Coaching Points: Players will focus on proper shape and stepping up and closing down the ball at the proper angle. The other players would need to focus on not allowing the ball to split them and have good cover and balance. Body mechanics as well and angle of support are key to not allowing goals.



ACTIVITY #5

Set up: Set up players playing 6 v 6 with Target players and use half of field using a confrontation line for defenders.

Instructions: Start and restart the ball at the top midway point and attack the goal. Focus on the defenders and their shape to see if they are applying what you have worked on. On occasion have one of the center defenders if not both provide communication for all defenders to push up to confrontation line to push players offside. When the defenders or midfielders win the ball they quickly find their target player for a point.

Coaching Points: Focus on the defenders defensive shape and how they move up and back together. Applying immediate pressure and cover as well as balance. Shifting and communicating as well as angle of approach and angle of cover.



ACTIVITY #6

Set up: Set up game with No Restrictions playing 7 v 7 or 8 v 8 depending on numbers. Recommend to play a 3 3 1 or 3 1 2.

Instructions: Players will play as they would a normal game with throw ins and offside.

Coaching Points: Freeze as necessary to point out defensive shape and adjust all players on the field. Using discovery and ask players where they should be or how they should provide cover.