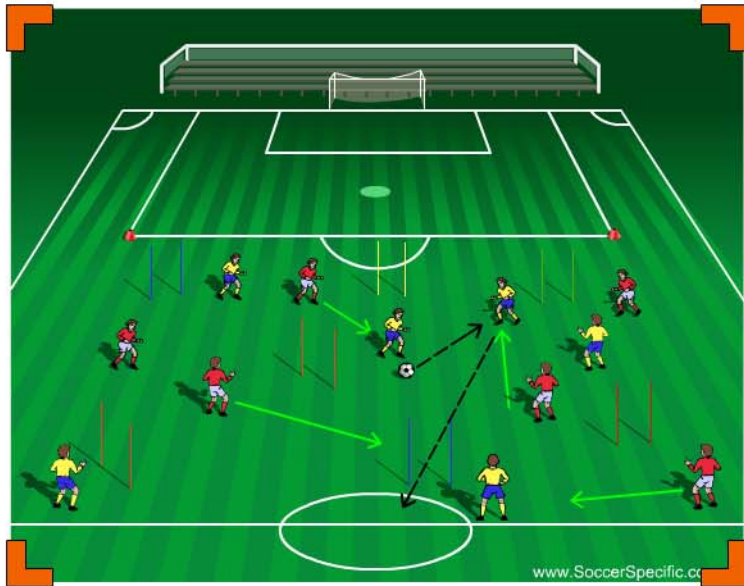


### ACTIVITY #1

**Set up:** Area 20 x 15 yards. 3 groups of three, 2 attacking groups - keep the ball, 1 defending group - win the ball. Play 6v3 keep away.

**Instructions:** Two attacking groups look to keep the ball away from the defending group. If defending team wins the ball they look to keep it.

**Coaching Points:** Establish the mentality to defend and press. Get the players working in 2s and 3s. Rotate the defending team.

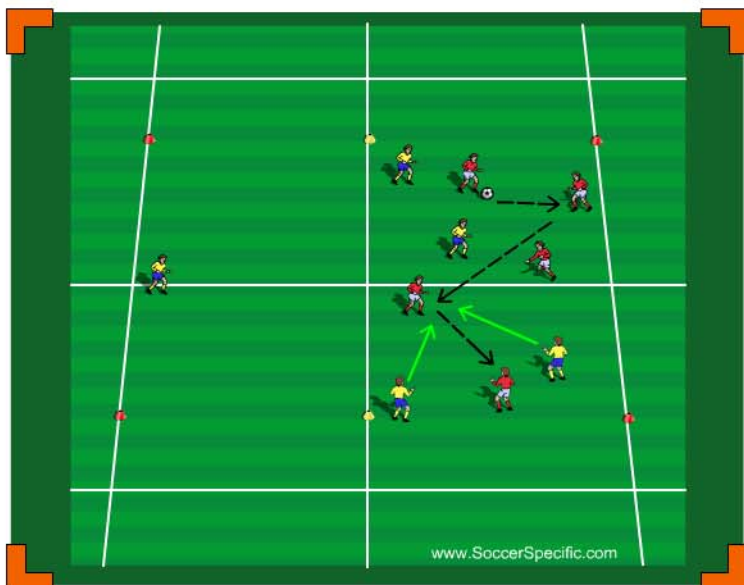


### ACTIVITY #2

**Set up:** Area - quarter field or less. Seven gates placed around the field. Play 6v6.

**Instructions:** Team in possession looks to score by dribbling through a gate or by passing the ball through a gate to a teammate. Focus on defending team regaining possession of the ball.

**Coaching Points:** Defending team must pressure the ball. Players must double team whenever possible. Close off the passing lanes to the gates. Defend the gates around the ball - leave the gate furthest away open. Adjust as the ball is passed.

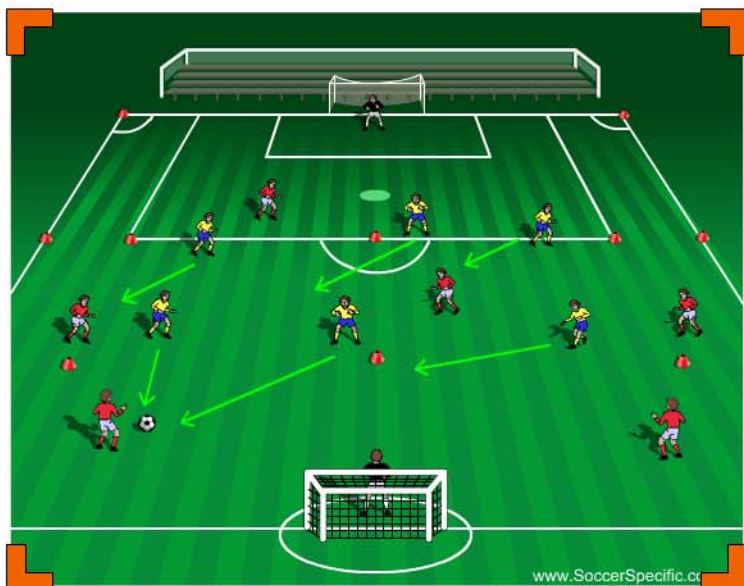


### ACTIVITY #3

**Set up:** Area - quarter of the field of play with half-way line. Two teams of 5 players each play 1+4 v 5.

**Instructions:** Team of 5 look to maintain possession of the ball in their half of the field. The 4 defenders look to win and play to their teammate in their half. 4 players from the team which lost possession then look to win the ball back while 1 player stays in his own half.

**Coaching Points:** 4 defenders work together to regain possession of the ball. Double team when possible. Team that loses possession tries to close off the passing lane to target player and win the ball back.



#### ACTIVITY #4

**Set up:** Half field divided into three zones. Play 6v6 plus keepers in a 7v7 game.

**Instructions:** Defending team looks to defend in attacking and middle zone, or as close to opposition goal as possible.

**Coaching Points:** Win the ball early.  
Defend in 2s at all times.  
Encourage players to work together.  
Communication between the players.

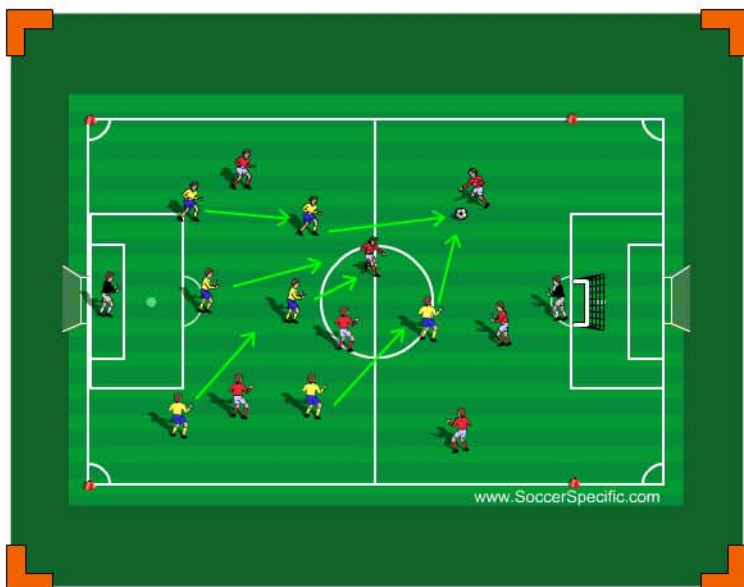


#### ACTIVITY #5

**Set up:** Two teams on half field. Play 5v7 plus keepers in a 6v8 game.

**Instructions:** Team of 5 - free play when attacking, low pressure when defending. Team of 7 - 2 touch when attacking, 2 wide players have unlimited touches, high pressure when defending. Play 5-10 minute games then rotate players.

**Coaching Points:** Team of 5 drop off when they lose it.  
Team of 7 press to get the ball back.  
Reiterate previous coaching points especially defending in groups of 2.



#### ACTIVITY #6

**Set up:** Play 8v8 game on 2/3 of a field. Put starting players on one team.

**Instructions:** Work with starting players to press the opposition and score. Assign a 1-0 score to each team - starting players look to score to equalize when 0-1 down, look to make it 2-0 when 1-0 up. Play a series of 5 minute games.

**Coaching Points:** Defend in 2s at all times.  
Defending team must talk.  
Provide specific information - be precise, inspire confidence to win the ball.  
Manage the game and the scoreline.