

ACTIVITY #1

Set up: Area 22x18 then 44x18. Two teams (Red v Yellow) play 6v6. Coach with a supply of balls.

Instructions: Team in possession looks to keep the ball with a focus on splitting the opposition. Defending team must win it back and keep possession. They can only win by intercepting or forcing a mistake - no tackling. They must avoid getting split. Make demanding and competitive from the start.

Coaching Points: Every player must look to regain possession and must have a defensive attitude.

Nearest player closes down.

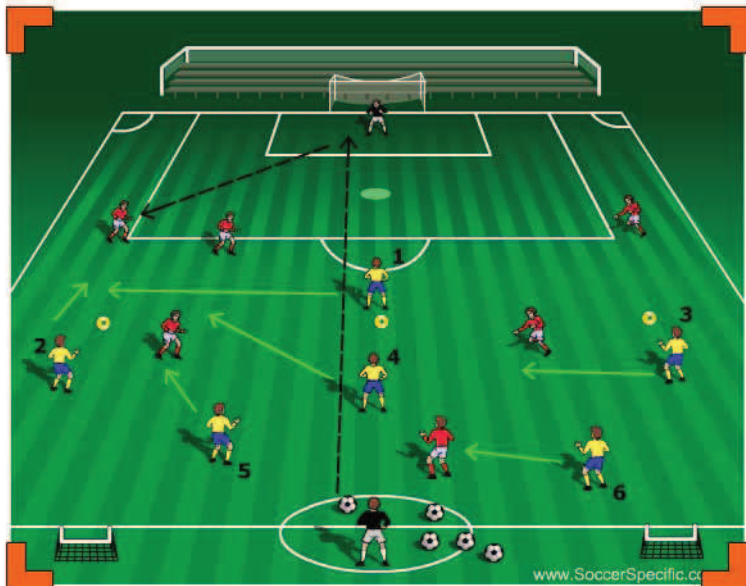
Supporting player must help make 2v1.

Close off passing lanes - don't get split.

Keep ball in front of you.

Communication.

Expand to bigger area to provide more problems to solve.



ACTIVITY #2

Set up: Half-field with two counter goals on half-way line. A line of cones marks the line of confrontation. Two teams play 6v7. Coach on half-way line with a supply of balls. Work with defending team: 2-3-1 formation versus attacking team in 1-3-2-1 formation.

Instructions: Coach serves the ball to the keeper or one of the defenders who look to play out and combine with teammates to score in the small goals. Defending team look to press to win the ball then counter to goal or maintain possession and then attack.

Coaching Points: Forward-1 must slide across to take away the forward ball.

2 and 3 cut off the balls down the line.

4 takes away penetrating pass.

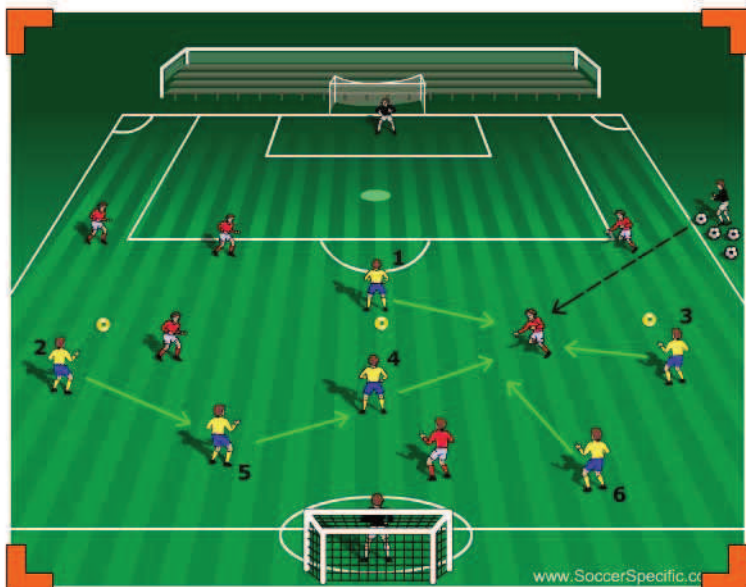
5 and 6 provide cover and balance.

1 closes down a back pass.

Look to force inside.

Double team when possible.

Get back behind the ball when beaten with a pass or dribble.



ACTIVITY #3

Set up: Half-field plus 18. A line of cones marks the line of confrontation. Two teams play 7v7. Coach with a supply of balls. Work with defending team - 2-3-1 formation versus attacking team in 1-3-2-1 formation.

Instructions: Coach serves the ball anywhere on the field for attacking team which looks to go to goal on the half way line. Defending team look to press to win the ball then counter to goal or maintain possession and then attack.

Coaching Points: Nearest player must close down and take away the forward ball.

Supporting players must cut off the balls down the line.

Take away penetrating pass.

Provide cover and balance.

Close down a back pass.

Look to force inside.

Double team when possible.

Get back behind the ball when beaten with a pass or dribble.

Players must adjust quickly and react to the ball as the coach plays it.



ACTIVITY #4

Set up: Half-field plus 18 or three quarter field. Two teams play 7v7. 1-2-3-1 formation versus 1-3-2-1 formation.

Instructions: Play 7v7 game with offside.

Coaching Points: Remind players of previous coaching points. Introduce concept of defending set plays. Target specific players to press.

Play to the scoreline: 1-0 up, defend the lead.