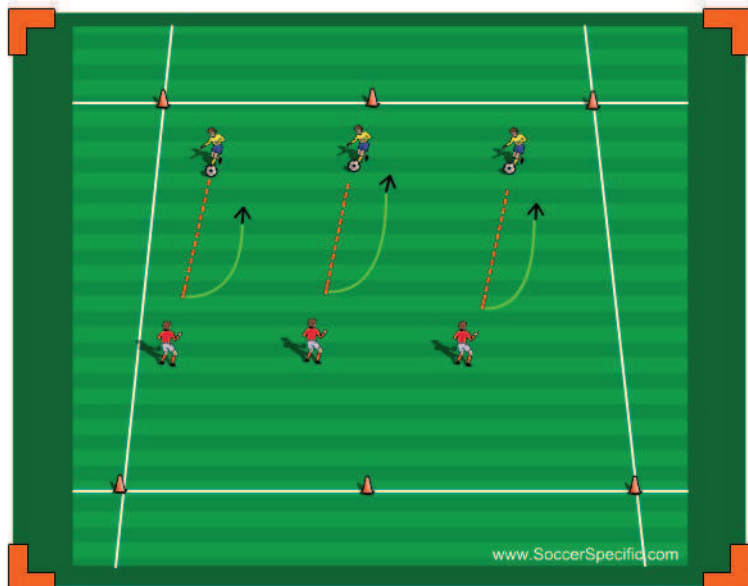


ACTIVITY #1

Set up: Players in 2's, one with a ball, one defending

Instructions: Player with the ball dribbles at defender and constantly changes direction. Defender pivots off front foot as the ball is shifted. No tackling, just tracking and back peddling. Short in intensity to maintain quality and avoid boredom.

Coaching Points: Defender must maintain his distance
Don't cross feet
Ensure good posture, sideways on

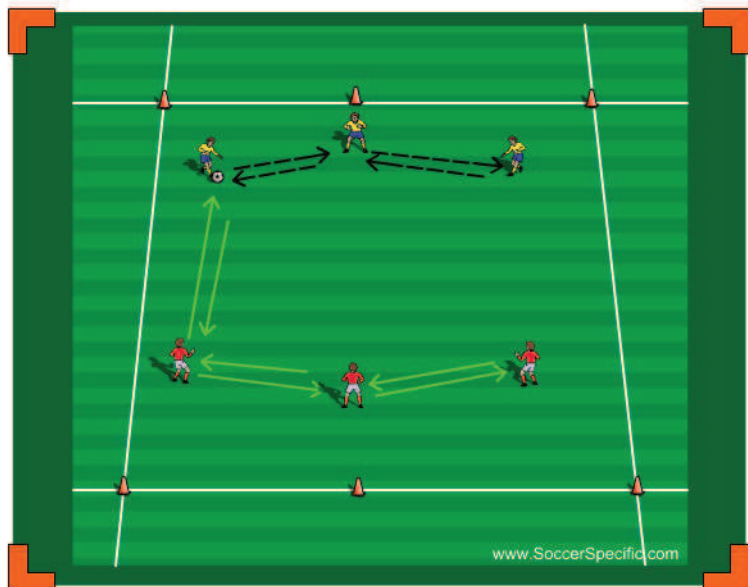


ACTIVITY #2

Set up: Same as Warm Up 1

Instructions: Player with the ball dribbles at defender and then turns back. Defender closes down and gets tight to attacker.

Coaching Points: Get touch tight when attacker turns.
Force play backwards.
Don't let the attacker turn forward again.

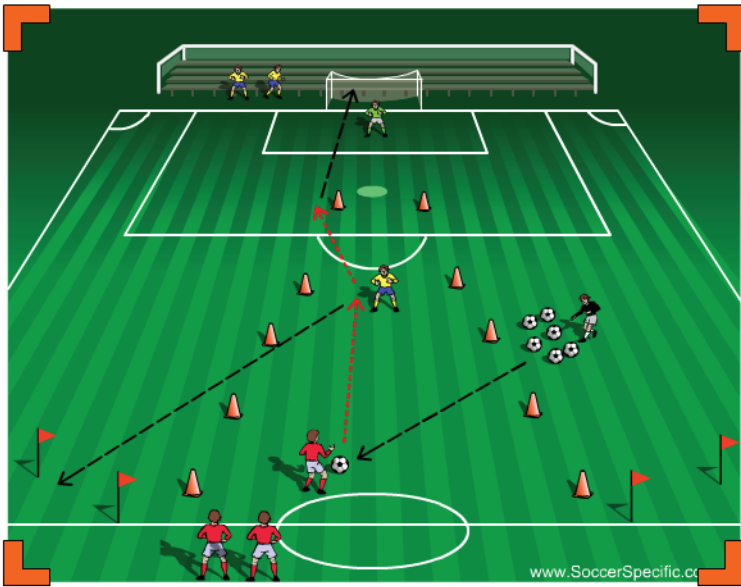


ACTIVITY #3

Set up: Play 3v3 with the defending team playing passively and not allowed to tackle.

Instructions: As the attacking team pass the ball and move forward the three defenders shift their positions in relation to the ball.

Coaching Points: Nearest player closes down the ball.
As the ball is passed the player drops off and another defender steps out and applies immediate pressure.
Focus on the distance and angle of supporting defenders.
If attackers overlap defenders look to pass players on.

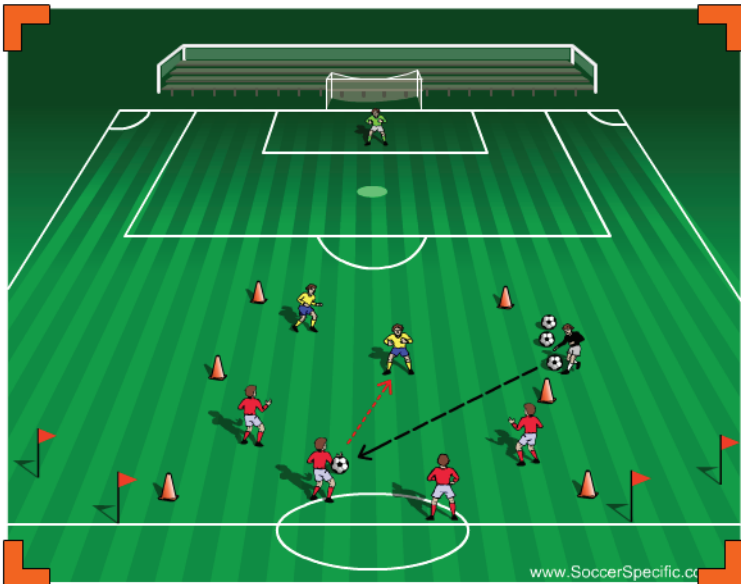


ACTIVITY #4

Set up: Half field with a "Key Hole" channel, full goal and keeper, counter attacking gates.

Instructions: Coach serves the ball to the attacker who attacks the defender 1v1 and looks to go to goal. If the defender wins the ball he takes a touch outside grid and plays through one of the counter gates. The attacker cannot go outside the "Key Hole" or coned area.

Coaching Points: Defender must close down as the ball travels. Defender applies immediate pressure and forces the attacker wide.



ACTIVITY #5

Set up: Similar set up as 1v1, but open the bottom end of the channel to allow for progress to 4v2. Use the 18 yard line as an offside line.

Instructions: Coach serves the ball to one of four attackers to attacks the two defenders in a 4v2 and looks to go to goal. If the defender wins the ball he takes a touch outside grid and plays through one of the counter gates. The attacker cannot go outside the "Key Hole" or coned area.

Coaching Points: Close down as the ball travels.

Apply immediate pressure and forces the attacker away from supporting players.

Second defender provides cover.

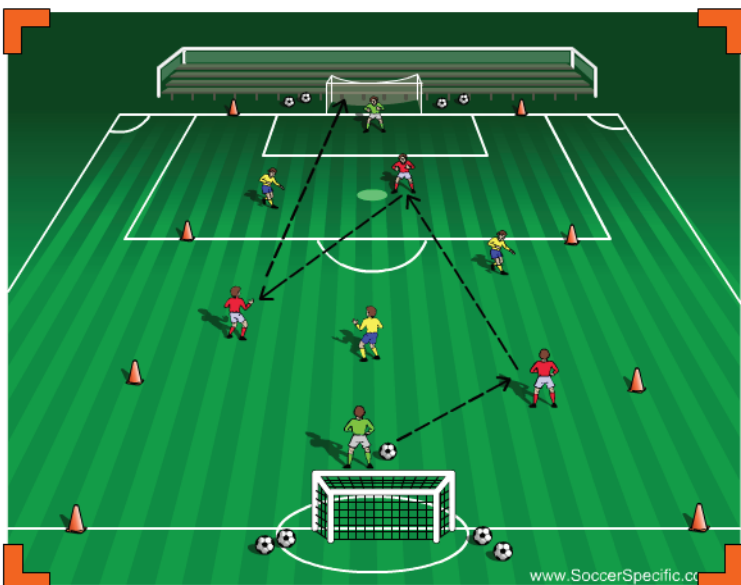
Defenders should remain tight higher up the field and not drop off.

Don't allow balls played through them on the ground for runners.

High intensity defending to force and dictate play.

Recognise when no pressure is applied to be patient and wait for an ideal line to defend from.

Try to prevent an easy shot around the penalty area.



ACTIVITY #6

Set up: Finish session with three 3v3 games plus keepers played in a small field with three zones (3x penalty area).

Instructions: Each game lasts for four minutes with 90 seconds of rest in between games. Keepers start with the ball. If a team scores they maintain possession and their keeper starts the next play.

Coaching Points: Continue to focus on defensive shape.

Restrictions for each game:

Game 1: Free play, but one player on each team had two touch.

Game 2: 3 touches in the defensive third, but 1 in the final third.

Game 3: 2 touch, but one player on each team had 1 touch.