

Technical Warm Up (10 mins)

Sort players in group of 3's. Players will pass and move and on the command from the coach the player with the ball needs to quickly dribble through the 2 players without the ball until coach stops play. Also player to see if they can penetrate but focus is on the defenders. (3-5 minutes)

The players without the ball need to quickly organize and shut down the player with the ball to not allow them to split and dribble through.

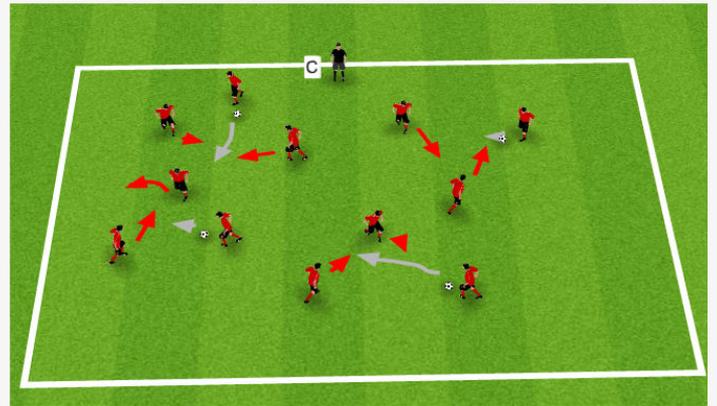
Angle of approach by 1st Defender

Immediate Pressure

Covering Defender proper angle to support

Is the first defender giving the cue with body on direction

Is there communication



2 v 3 Small Sided Activity (15 mins)

Set up grid 30 x 30 with small counter goals

Players will play 2 v 3

Ball will be passed from attacking player to another attacking player who will check in

The two defending players will not allow player to turn and work together to defend

If the defenders win the ball they can score in opposing goal

Coaching Points

- Angle of Approach
- Body Position and Stance
- Communication
- Proper Cover and Distance
- Visual Cues on when to Apply Pressure



7 v 7 Expanded Small Sided Activity (20 mins)

7 v 7 plus a Target Player

Game will flow and if someone scores the ball will be started from Target

Coaching Points

- Defenders working together and staying connected
- Communication
- Compact
- Visual Cue on when to Pressure
- When player pressures how do teammates adapt to cover and balance
- Proper Angles and Distance



9 v 9 Game (20 mins)

9 v 9 Game

Looking for moment when the defenders do not have proper shape and not defending together while being connected.

