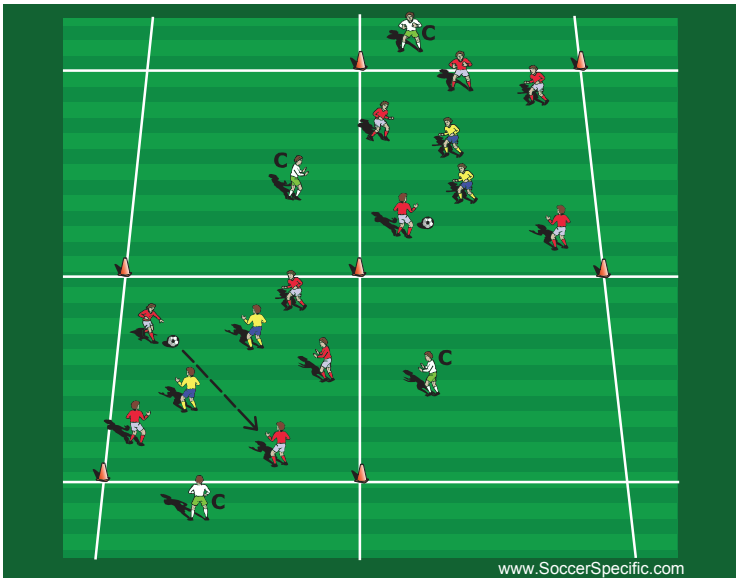
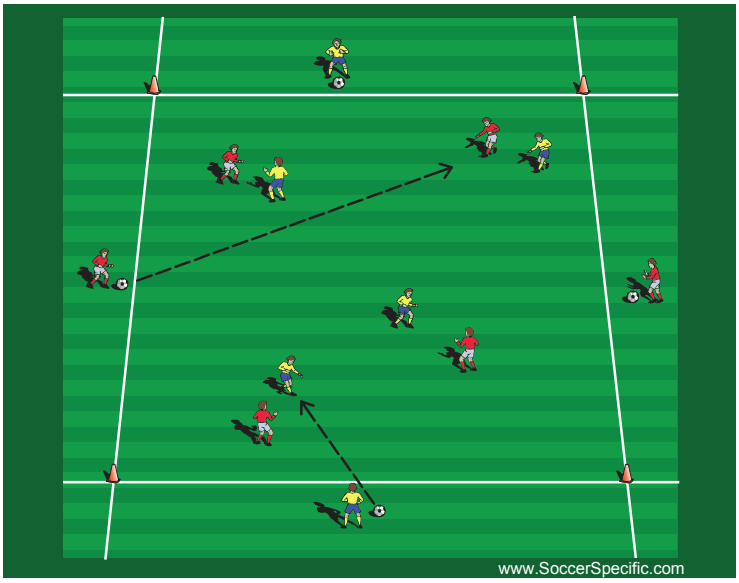


ACTIVITY #1

Set up: 14 players, 2 GKs, 10 balls, 20 cones, 2 goals, 5 red bibs, 5 blue bibs, 2 yellow bibs. Warm up: Games of 5 v 2 are organized as shown.
Instructions: Session objective is to "lock down" the midfield area to prevent midfield penetration by the opposition. Emphasis is placed on the defensive component of the activity. "Can the 2 defensive players work together to prevent penetration???"
Coaching Points: Communicate. Stay "connected". Prevent the "split".

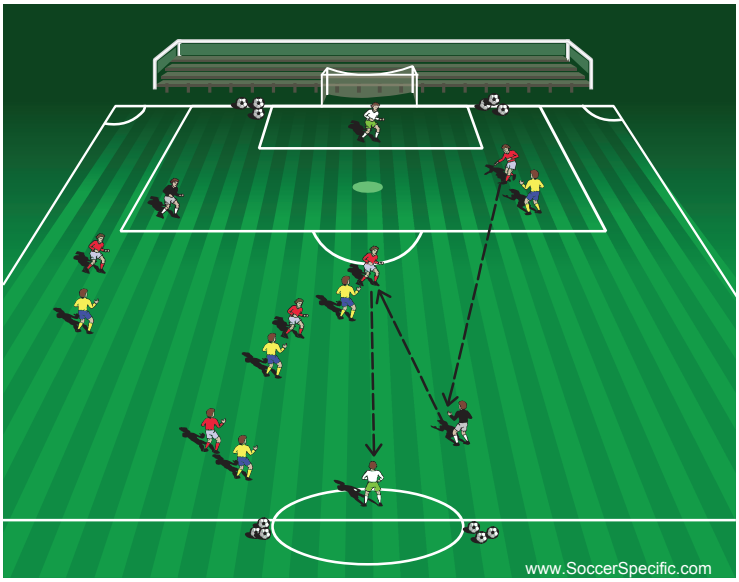


ACTIVITY #2

Set up: A 20x20 grid is organized as shown. Four pairs of players inside the grid, one player on each side of the grid. Each player on the outside has a ball as shown.
Instructions: "Attacking" players must check and receive the ball from any outside player and give it back to the same player. Emphasis is AGAIN placed on the responsibilities of the "defensive" players - can they compete in this individual defending situation? Defenders must attempt to intercept or put immediate pressure on the ball.
If the defender intercepts the ball, they must possess it back also. Rotate the outside players to avoid fatigue. Switch the roles of the players inside the grid.
Progressions: 1. 1-touch 2. 2-touch 3. Attacker can't pass back to same player-must find a different player on the outside. 4. Change to 2v1 and introduce "double-teaming".
Coaching Points:

ACTIVITY #3

Set up: A Box to Box size field is created as shown. Target players (black jersey) are positioned at opposite ends as shown. A central "kill-zone" is created in the center of the field (in this diagram, the area between the dashed white lines).
Instructions: Both teams compete for possession of the ball and attempt to score by getting the ball into the opponent's "end zone". At first, the ball must be dribbled into the end-zone for a point to be awarded. Emphasis is placed on denying space, time, or penetrating options in the central "kill zone". Progression: Add a target in each zone and must play on the ground to his feet.
Coaching Points: Establishing pressure on the ball. Don't "ball-watch". Force opponent to play under pressure in the "kill zone". Shape is dictated by what opposing team does. Close down the passing lanes.



ACTIVITY #4

Set up: A 6 v 6 + 2 target players is organized as shown. Goalkeepers are positioned at each end of the pitch as shown.
Instructions: Both teams compete for possession of the ball and attempt to score in their opponent's goal. Emphasis is AGAIN placed on the shape of the defensive team. The defensive team must attempt to "cut off" penetrating passes to the target players. In the diagram, the Yellow team has not prevented a penetrating "through-ball" to the target player - the target player has laid the ball back for a shot on goal by his teammate. The defensive team must avoid becoming stretched as in the diagram. Progressions: 1. Targets have a one time finish. 2. Must score off a service from the flank.
Coaching Points: Stay compact as a unit. Emphasize the security pass (connecting the pass successfully when winning the ball in transition). Recovery runs to the near post. The GKs must remain in the half circle and the six yard box.

ACTIVITY #5

Set up: An 11 v 11 on a full pitch is organized.
Instructions: 30 minute game:
10 minutes - defensive team down a goal.
10 minutes - defensive team up a goal.
10 minutes - no conditions / restrictions.

Cool down / Stretch: 10 minutes.
Coaching Points: