

ACTIVITY #1

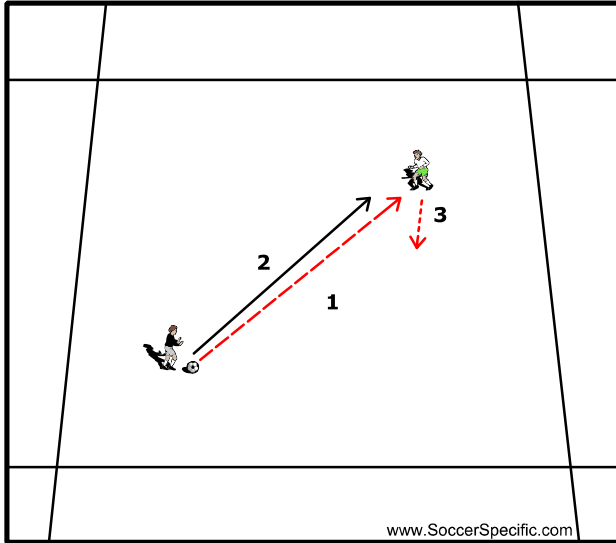
Set up: Grid should be about 15yd by 15yd.

Instructions: WARM-UP:

Have all the players passing and moving inside the area. After a player passes the ball to a teammate- have them follow their pass. (Pass and sprint to that spot).

Coaching Points: 1) Closing space quickly.

2) Not a jog, but sprinting to get there as soon as possible.



ACTIVITY #2

Set up: Same set up as above. 15yd x 15yd grid. Use cones/discs to create a gate in opposite corners.

Instructions: SMALL GAME:

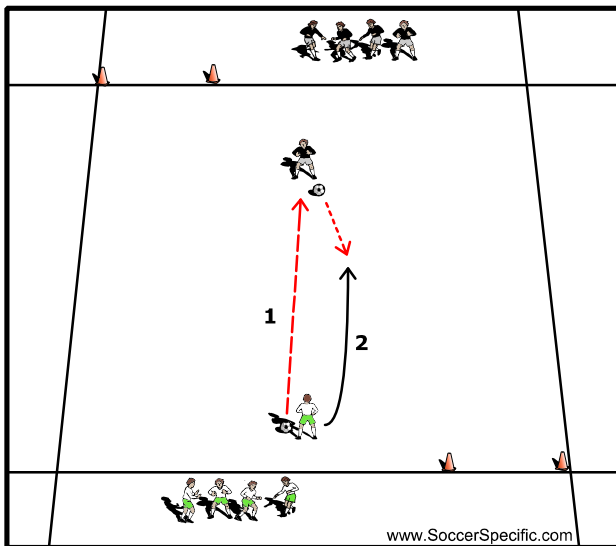
White Player passes to the Black Player and defends (1v1). If Black dribbles through the gate=3 points, dribbling over the endline=1 point. If White steals the ball, White can also score on the opposite side. Play until the ball goes out of bounds. Alternate the first pass between the two teams (so everyone gets a chance to defend).

Progression--- You can progress to 2v2 or 3v3... as the coach sees fit.

Coaching Points: 1) First Defender (closest defender) must pressure the ball as quickly as possible.

2) First Defender must angle his approach to the ball (not a straight line) and get side on (to take away one side- away from goal).

3) Defender must stay low and on his toes- to change direction quickly is necessary.



ACTIVITY #3

Set up: Set up as close to full-sided as possible. Use cones/discs to mark out the midfield line.

Instructions: Regular scrimmage with 2 teams. Only restriction is that in order to score... all players (except the goalkeeper) must be in the attacking half. This will encourage your players to step out defensively and pressure the ball (as a group).

Coaching Points: Same as above:

1) Closest defender must pressure the ball.

2) Angle your approach to encourage the opponent with the ball to go to one side.

3) Other defenders should step into passing lanes, and towards the ball as the opponent gets under pressure.

4) Encourage players to step out of the back together as a group. It is easier to run forward to defend than it will be to track back to recover.

