

ACTIVITY #1

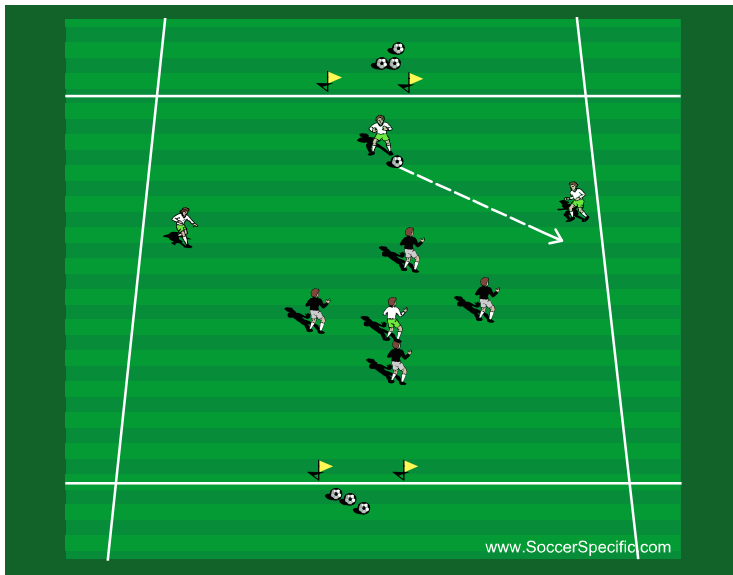
Set up: Set up three playing grids with cones denoting thirds of the field in grids A and C. Set up cones at half way point in grid B. Station players according to diagram. Set up small goal at one end of grid for attackers to score in. Teams attack for set period of time then switch roles. Teams play in each grid for set period of time. Keep score!!

Instructions: A...1 v 1 facing own goal. Attacker tries to dribble ball into final third before shooting on small goal. Defender tries to win ball and pass to teammate at original line.

B... 1 v 1 facing attacker. Attacker must cross midfield before shooting. Defender closes attacker as soon as ball is served.

C...1 v 1 Defender marking attacker with back to goal.

Coaching Points: See Activity #2 for coaching points.



ACTIVITY #2

Set up: 4 v 4 to small goals with extra balls behind each goal.

Instructions: Play 4 v 4 to coach 1 v 1 defending principles.

Coaching Points: Pressure the attacker...close him down quickly especially when ball is travelling to attacker.

Stand with your weight on the balls of your feet and knees bent...be sure to stand at an angle to allow you to turn quicker.

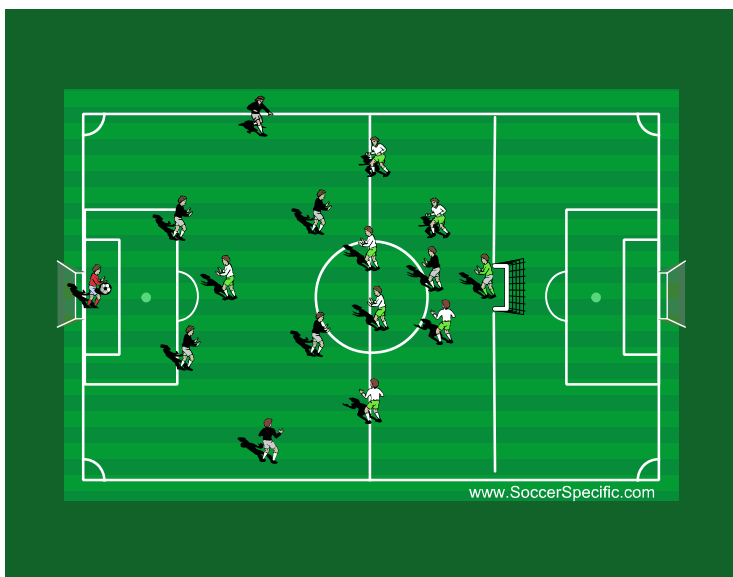
Invite the attacker to inside, outside or to weakest foot...this makes play predictable.

Avoid careless tackles and diving in...try to analyze your opponent and time challenges accordingly.

Fight for the ball using controlled aggression...stay on feet!!

Anticipate passes when you are marking in order to allow yourself the chance to intercept.

Defender's progression: If possible, intercept; tackle upon reception; tackle on turn; deny turn and force attacker back or into preferred space; slow attacker down and into preferred space.



ACTIVITY #3

Set up: Play 8 v 8 in 3/4 of field.

Instructions:

Coaching Points: All previous points