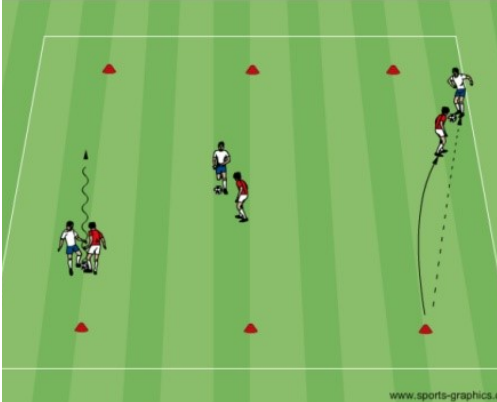

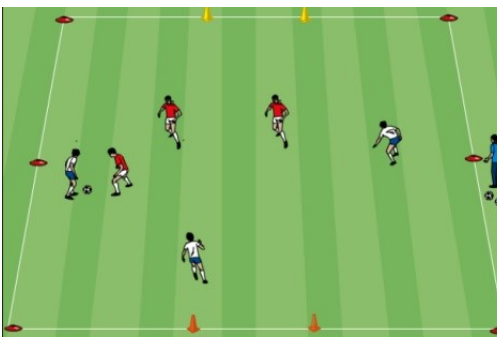



PLAY — PRACTICE — PLAY

“Individual Defending”

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
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	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<p>#1 15 mins</p>	<p><u>Defend the Cone Warm-Up:</u> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone. Version 2: Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)</p>		<ul style="list-style-type: none"> • 1st defender should bend their run to block direct path to the goal (cone) • 1st defender shall force the opponent in the direction they want them to go • Defensive stance-on their toes, knees bent, one foot forward, one foot back • Technique of block and poke tackle
<p>#2 15 mins</p>	<p><u>1v1 to goal:</u> Use a small goal (or cones) and divide the team in half. All the balls with the coach. Teams line up behind a cone on either side of the goal. On the coaches command the first players in line run up around the top cone and compete for the ball to get a shot on goal. The play is stops when a goal is scored or the ball goes over the end line. First team to 5 goals wins.</p>		<ul style="list-style-type: none"> • If you do not win the ball defend to win it back • Read if your opponent is fast than you then get defensive immediately • Try to win the ball back not just kick it away
<p>#3 15 mins</p>	<p><u>3v3 to Two Small Goals (10 min)</u> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals. Scoring: 1 point for passing goal 3 points for dribbling goal</p>		<ul style="list-style-type: none"> • Immediate pressure from behind • Patience; do not over commit • Close down quickly and under control • Block Tackle • Poke Tackle
<p>PLAY 25 mins</p>	<p><u>Small Sided Games</u> 7v7 small sided game.</p>		<p>Let them play</p>

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players