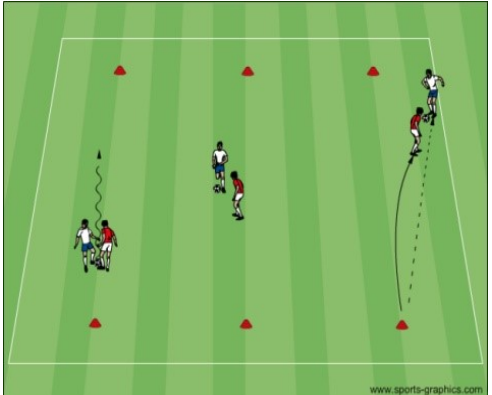
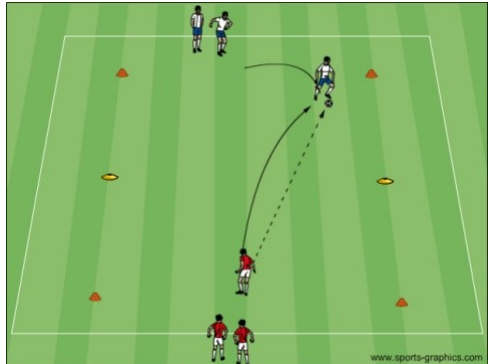
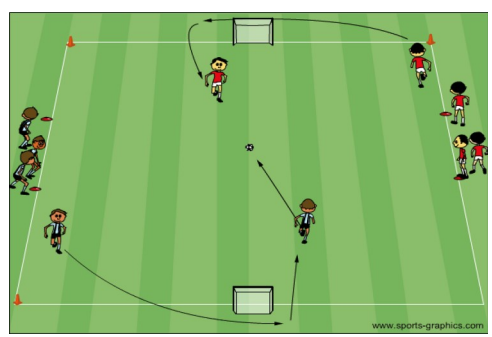



PLAY — PRACTICE — PLAY

“Individual Defending”

**Dribbling move
Step Over**

<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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	Activity Description	Set Up Diagram	Coaching Points
<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"> • Listen for instructions and react quickly • Head up while dribbling • Change speeds and direction to avoid other players
<p>#2 15 mins</p>	<p><u>1v1 to Line (10 min):</u> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1st defender defends the line and tries to dispossess the attacker. If the 1st defender gains possession of the ball he immediately attacks the opposite goal line.</p>		<ul style="list-style-type: none"> • Important to delay progress of the opponent by jockeying the attacker with the ball • Read attacker's 1st touch and make decision to tackle or delay • Block Tackle • Poke Tackle
<p>#3 15 mins</p>	<p><u>Battle for the Ball</u> Two teams compete. Each player on the team gets a number (1,2,3,4etc) teams start on opposite ends of the field and must line up in between the cones. The coach calls a number (s) and those players run around their goal and try to win the ball and score on the opponents. More than one number can be called at a time. Play to 3 to see which team wins.</p>		<ul style="list-style-type: none"> • Immediate pressure on the ball • 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