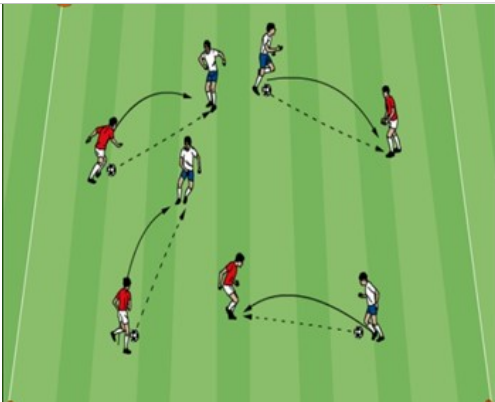

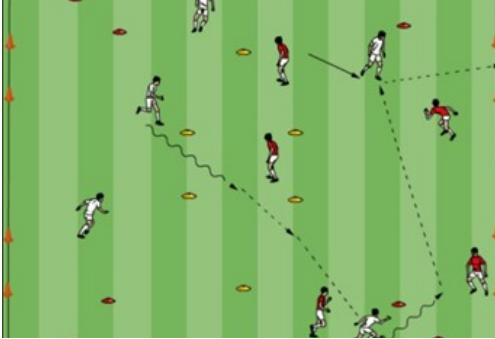



**PLAY — PRACTICE — PLAY**

**“Defending- pressure and cover”**

<b>PLAY</b> 10 mins.	<b>Play-</b> as players arrive have them join in a small sided game.	<b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
-------------------------	--	--	---------------

	<b>Activity Description</b>	<b>Set Up Diagram</b>	<b>Coaching Points</b>
<b>#1</b> 15 mins	<p><b>Partners with a Ball :</b> Players pass to member of other color and move... to receive return pass after 5-8 yard pass: press sideways on &amp; send opponent opposite direction of his first touch after 5-8 yard pass: press sideways on &amp; try to gain possession of ball with block tackle, poke tackle, body or shoulder close down—slow down—get down -stay down</p>		<ul style="list-style-type: none"> <li>• Speed of approach- Approach fast...arrive slow</li> <li>• Angle of approach-We want to direct the player one way on the field, take away option of advancing forward</li> <li>• Body shape-knees bent, on balls of feet, one foot slightly angled in front of other foot</li> </ul>
<b>#2</b> 15 mins	<p><b>3 Lane Defending:</b> Split an area into 3 equal lanes. Players can pass to each other and can score on any goal but cannot leave their lane.  <b>Progression:</b> Defenders can now shift across a lane if the attacker gets past their team mate so they are covering.</p>		<ul style="list-style-type: none"> <li>• Visual cues to regain ball</li> <li>• Type of first touch from opponent</li> <li>• Heavy touch, step in and win it</li> <li>• Close touch, respect play</li> <li>• Pop up, step in and win it.</li> </ul>
<b>#3</b> 15 mins	<p><b>4v4-5v5 to 4 Goals:</b> The midfield line is the restraining line (offside line). Each team attempts to score in one of the 2 goals opposite them. Work with one of the teams to help them maintain the flat shape of the defending action.  -Play with Off-sides</p>		<p>2<sup>nd</sup> defenders must recognize their responsibilities to cover the 1<sup>st</sup> defender as the ball is traveling to opponent (1<sup>st</sup> attacker)</p> <p>Be positioned so that if the 1<sup>st</sup> defender gets beat with the dribble, you can become the 1<sup>st</sup> defender immediately</p>
<b>PLAY</b> 25 mins	<p><b>Scrimmage</b> 11 V 11 scrimmage</p>		Let them play

**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