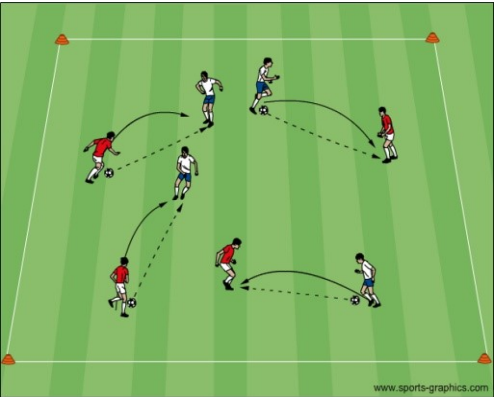

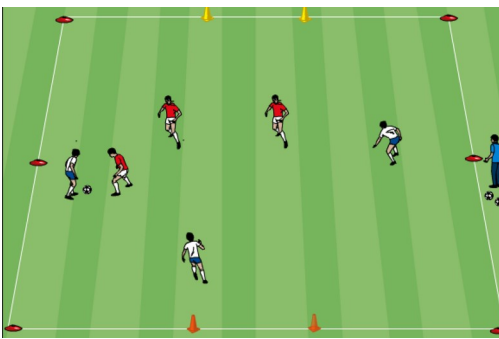



PLAY — PRACTICE — PLAY

“Pressing Defender”

**Dribbling move
Double Scissors**

<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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	<p>Activity Description</p>	<p>Set Up Diagram</p>	<p>Coaching Points</p>
<p>#1 15 mins</p>	<p>Pass and Press: In a defined area, one team of players (rec pennies) all with a ball will pass to a member of the other team. Passes should not be more than 10 yds. long. After the pass, the player will press the receiver. Coach: In this activity, encourage the player</p> <ul style="list-style-type: none"> press sideways on & send opponent in the opposite direction of his first touch try to gain possession of ball with block tackle, poke tackle close down, slow down, get down & stay down 		<ul style="list-style-type: none"> Speed of approach Angle of approach Good defensive stance Body weight on front of feet Eyes on the ball Slightly angled – one foot closer to attacker Close enough to make attacker look at ball
<p>#2 15 mins</p>	<p>1v1 to goal: 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>3v3 to Small Goals In a grid of 30x35 yards, two teams will play to score in the goals. Player will defend by pressing the player with the ball (applying the principles and role of 1st defender).</p>		<ul style="list-style-type: none"> All of the above plus: Recognizing when to be the 1st Funnel first attacker: Towards a tight space (touchline) Into a covering defender When and how to switch
<p>PLAY 25 mins</p>	<p>Small Sided Game 9V9 scrimmage</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