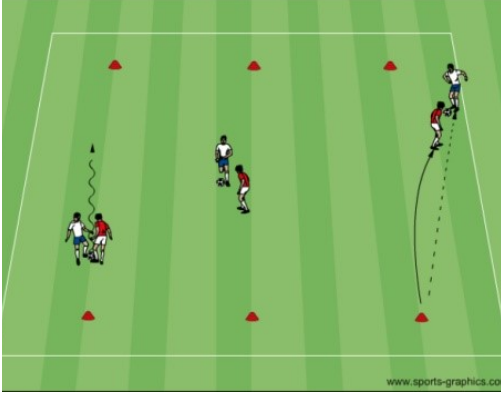

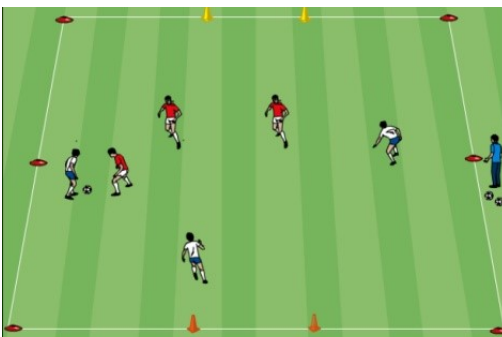



**PLAY — PRACTICE — PLAY**

**“Individual defending”**

**Dribbling move  
Scissors**

<p><b>PLAY</b> 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
<p><b>Activity Description</b></p>		<p><b>Set Up Diagram</b></p>	<p><b>Coaching Points</b></p>
<p><b>#1</b> 15 mins</p>	<p><b>Defend the Cone:</b> 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.</p>		<ul style="list-style-type: none"> <li>• Defender should block the lane to the cone</li> <li>• Force the attacker in one direction</li> <li>• Defender on your toes</li> </ul>
<p><b>#2</b> 15 mins</p>	<p><b>1v1 to goal:</b> 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"> <li>-If you do not win the ball defend to win it back</li> <li>-Read if your opponent is fast than you then get defensive immediately</li> <li>-Try to win the ball back not just kick it away</li> </ul>
<p><b>#3</b> 15 mins</p>	<p><b>3v3 to Two Small Goals (10 min)</b> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals. <b>Scoring:</b> 1 point for passing goal 3 points for dribbling goal</p>		<ul style="list-style-type: none"> <li>Immediate pressure from behind</li> <li>-Patience; do not over commit</li> <li>-Close down quickly and under control</li> </ul>
<p><b>PLAY</b> 25 mins</p>	<p><b>Small Sided Games</b> 7V7 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