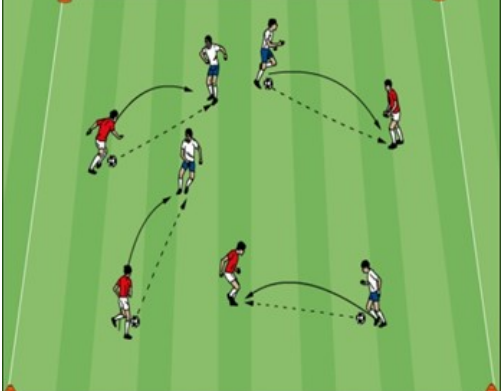
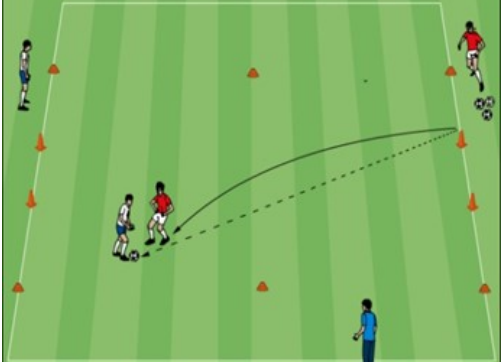
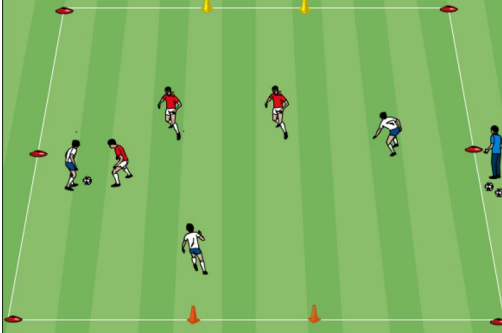



PLAY — PRACTICE — PLAY

“Defending-1st Defender”

**Dribbling move
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>
	<p align="center"><u>Activity Description</u></p>	<p align="center"><u>Set Up Diagram</u></p>	<p align="center"><u>Coaching Points</u></p>
<p>#1 15 mins</p>	<p><u>Pass and Press:</u> In a defined area, one team of players (pennies) all with a ball will pass to a member of the other team. Passes should not be more that 10 yds. long. After the pass, the player will press the receiver. Encourage the player to press sideways on & send opponent in the opposite direction of his first touch</p>		<ul style="list-style-type: none"> -Speed of approach -Angle of approach -Good defensive stance <ul style="list-style-type: none"> Body weight on front of feet Eyes on the ball Slightly angled – one foot closer to attacker
<p>#2 15 mins</p>	<p><u>1v1 to Small Goals:</u> In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1st. defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender. Players will switch sides after their turn is over.</p>		<ul style="list-style-type: none"> -Approach quickly but not too fast with an angle that limits options -Good defensive stance -Apply pressure to take away space/time
<p>#3 15 mins</p>	<p><u>3v3 to Small Goals</u> 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"> -Recognizing when to be the 1st -Funnel first attacker: <ul style="list-style-type: none"> Towards a tight space (touchline) Into a covering defender -Make the attacker play the ball with the weaker foot
<p><u>PLAY</u> 25 mins</p>	<p><u>Small Sided Games</u> 7V7 scrimmage</p>	 <p align="center">Call out name of player who scores a goal</p> <p align="center">20x20 yards</p> <p align="right">www.sports-graphics.com</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