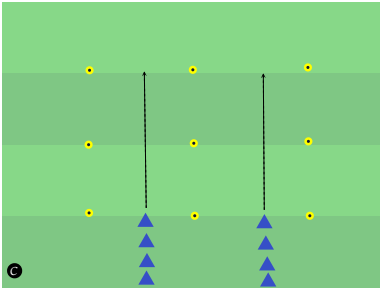


Duration: 0 Min

Warm up - No ball



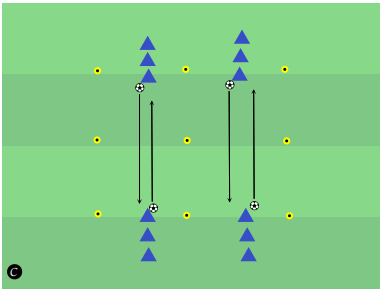
Coaching Points

Objectives

To aid players technically ability and tactical understanding of how, when, and why to delay the oppositions attack and block/intercept attacking actions (pass, shot, dribble)

Duration: 0 Min

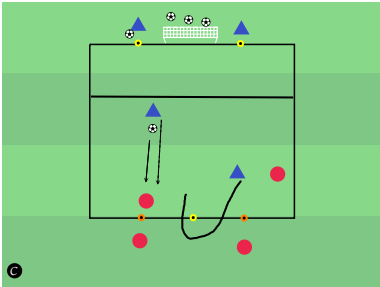
Warm up - With ball



Coaching Points

Duration: 0 Min

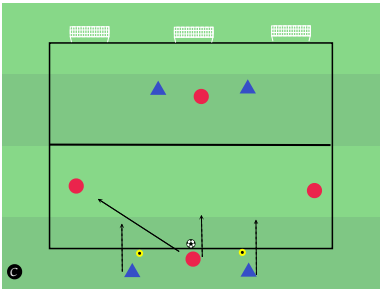
2v1 Recovering Defender



Coaching Points

Duration: 0 Min

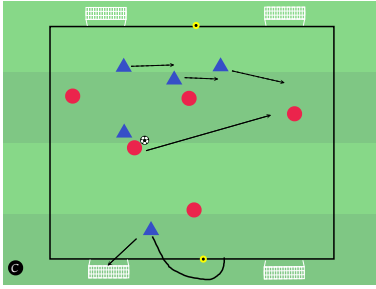
4v2 delaying & staying compact/balanced



Coaching Points

Duration: 0 Min

Scrimmage - Prevent opponent from scoring



Coaching Points

Warm up - No ball

PLAYERS

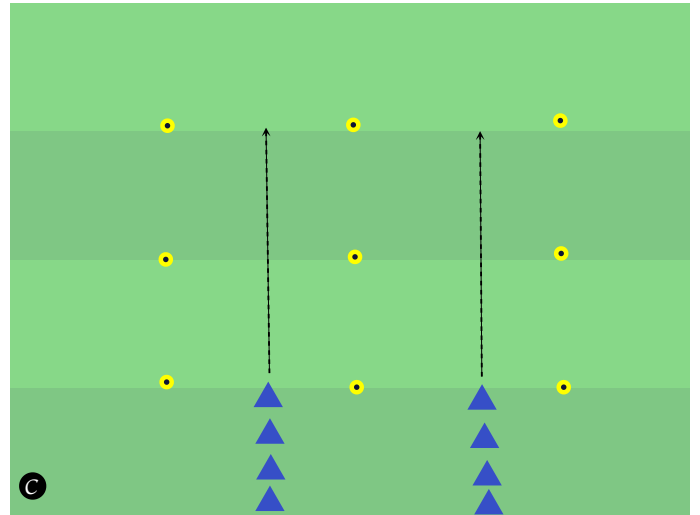
1 players

INSTRUCTIONS

Dynamic Warm Up

Players go through each movement twice.

1. Jog
2. High Knees (out)/ Butt Kicks (back)
3. Quad Stretch (out)/ Jog Back
4. High Hamstring Kick (out)/ Jog (back)
5. Calf Stretch (out)/ Jog (back)
6. Open Gate (out)/ Close Gate (back)
7. Build Up Sprint (out)/ Jog (back)



Warm up - With ball

PLAYERS

1 players

INSTRUCTIONS

Warm Up- Technical

Dribbling

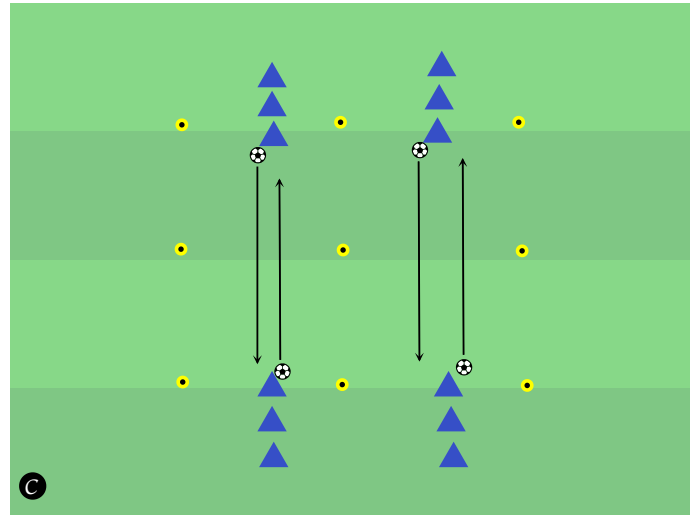
Each movement is done in 1 Minute Intervals.

1. Speed Dribble w/laces
2. Inside/Outside Dribble with one foot
 - a. To make it more challenging add a scissors in the middle
3. Roll Overs with one foot
4. Scissors half way (this should be done with players dribbling at each other and completing a scissors at the same time.
5. Free Move

Passing

Each movement is done in 1 Minute Intervals.

1. Two Touch Passing
2. Give and Go
3. One Touch Passing



2v1 Recovering Defender

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up 1-2 areas depending on available space and number of players
- Blue defenders start with ball on yellow cones and pass to red attackers on orange cones to start the game
- After the ball is passed, one blue defender must run around the orange cone by the attackers area before being allowed to play
- The remaining blue defender must try and delay the attack by pressing the player with the ball and blocking/intercepting the pass/shot
- The red attackers must try and attack quickly to take advantage of their 2v1 situation
- Attackers must try and dribble or pass over the black line before being allowed to shoot
- If the blue defenders win the ball back they must try and dribble the ball over the attackers end line.

Focus

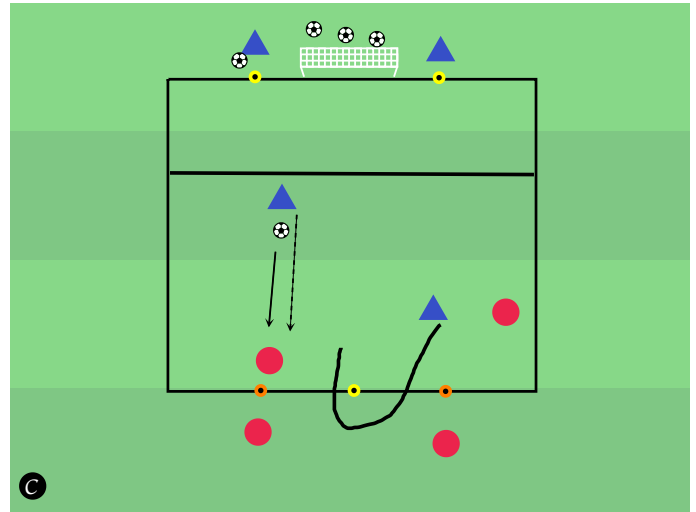
Can the defending team apply immediate pressure, showing the opponent away from their teammate(s), and look to block or intercept any attacking action (pass, shot, dribble).

- **Pressure - Fast** (*Immediate, quick pressure on the player with the ball*). **Slow** (*Slow down as you approach the player*). **Show** (*Angle body to show player away from their teammate, towards the sideline*)
- **Blocking/Intercepting - Anticipate** the pass or shot by reading the body language of the player (are they looking at the goal/teammate? How are they angling their body? Are they pulling their leg back to shoot/pass?). **Move quickly** to close space between you and the ball, don't just stick a leg out. **Use your body** to get in between the opponent and ball or to block a pass/shot.

Can the recovery defender get around the orange cone quickly and get into a position to defend.

Possible Progressions/Regressions

- Increase or decrease size of area
- Get rid of the line allowing the attackers to shoot from anywhere
- Add a GK in goal



4v2 delaying & staying compact/balanced

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Add a halfway line
- Red attackers leave one player in the attacking half with two blue defenders and two red attackers in their own half
- Red attacker starts with ball on the line and passes to one of their teammates in their half
- As soon as they pass they can join the attack to help their team score
- At the same time the blue defenders by the yellow cones enter the field and try to recover while their teammates delay the attack
- If attackers score they get a point. If defenders win the ball back and dribble over the attackers end line they get a point

Orientation phase

Tactical principles:

Can we look to play forward in the right moments and attack at SPEED by:

1. **WIDTH** - Where can you go to help the player on the ball? (Wide area, at an angle)
2. **SUPPORT** - How can you support your teammate? (1. Side door, receive the ball on the side/shoulder of the defender. 2. Front door, get in front of the defender. 3. Back door, run behind/beyond the defender))
3. **DECISION** - When should you dribble or pass? (Dribble to attract pressure and 1. beat them 1v1 or 2. pass to you teammate when you are 1v2)

Learning phase

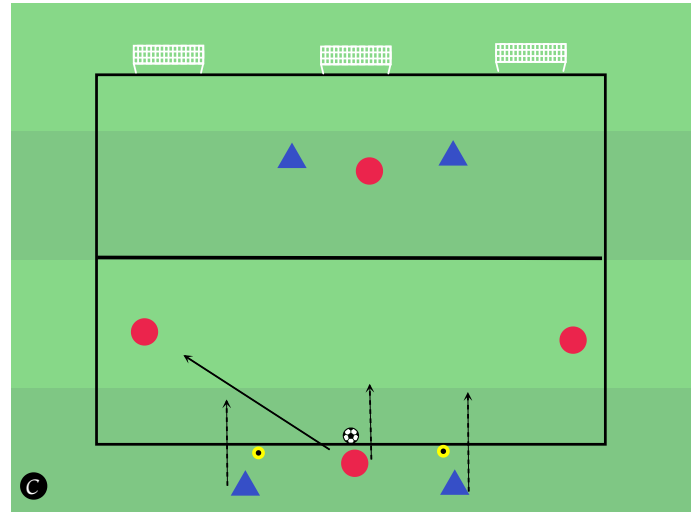
Can the defending team have the closest player apply immediate pressure, showing the opponent away from their teammate(s), and look to block or intercept any attacking action (pass, shot, dribble).

- Technical mechanics related to applying pressure from previous session (Fast, Slow, Show)

Can remaining defender(s) stay **compact** (close together) & **balanced** (keeping defensive shape) and move towards the goal that the ball is closest to

Possible Progressions/Regressions

- Increase or decrease size of area - make it wider to challenge defending team to stay compact and balanced
- Add a bigger goal in the middle with a GK



Scrimmage - Prevent opponent from scoring

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- After a player scores a goal they must run around the yellow cone
- As soon as this happens the team the conceded must try and counter attack quickly and take advantage of their overload
- The defending team must try and delay the attack to allow their teammate to return to the field

Focus

Can the defending team have the closest player apply immediate pressure, showing the opponent away from their teammate(s), and look to block or intercept any attacking action (pass, shot, dribble).

- Technical mechanics related to applying pressure from previous session (Fast, Slow, Show)

Can remaining defender(s) stay **compact** (close together) & **balanced** (keeping defensive shape) and move towards the goal that the ball is closest to

Possible Progressions/Regressions

- Increase or decrease size of area or distance the cone is behind the goals
- Remove 4 goals and replace with two large goals with GK's

