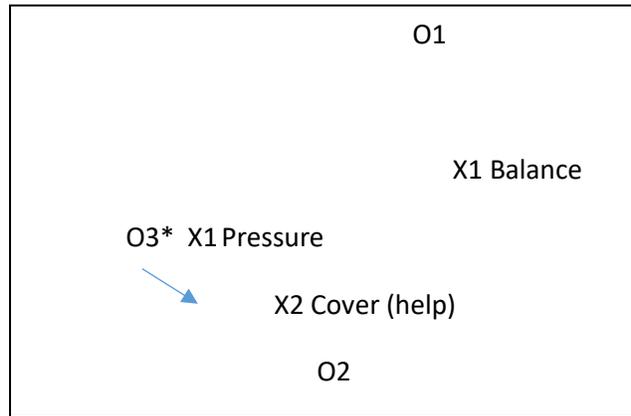


6-7 min's	<ul style="list-style-type: none"> Defense 1 vs. 1 - Group players in pairs with each pair having a soccer ball. Have one of the players from each group on the side line and have the other player 15 yards away. Players with the ball will pass to their partner and then they will sprint to close down the space. Note the defender should begin to move immediately “as the ball is still moving” but slows down to a controlled speed when they are in a range of 6-10 feet depending on their own speed and quickness. After the space is closed, the defender wants to be “side on” and close enough to pressure the ball but not too close where they will be susceptible to being beat by the offensive player off of the dribble. Eyes should be down and focused on the ball. The offense dribbles up the field about half speed and the defense jockeys to remain in the proper position but does not try to steal the ball. After the drill is finished the players switch position and repeat the drill. Purpose of this drill is to work on the technique not to try and beat a player or to steal the ball.
5-10 min's	<p>Water break and Life Skill Lesson – Trust</p> <p>Trust</p> <p>Trust is a form of confidence. The dictionary defines trust as the reliance on the integrity, strength, ability, surety, etc. of a person or thing.</p> <p>Understanding Trust:</p> <p>The first thing to understand about trust is that in order to have trust you must deal in truth. It's important that you believe what someone is saying to you is true or you won't trust that person. It's also very important to believe <i>in</i> the other person. You have to believe that they are going to be <i>where</i> they are supposed to be and do <i>what</i> they are supposed to do or you won't trust them on the pitch. Trust is a form of dependability. Can you depend on all of your teammates? Can your teammates depend on you – every play?</p> <p>Connection to Soccer:</p> <p>It's extremely important in soccer, as with all team sports, that team members trust each other and their coach. It's also important that your coach can trust you and your teammates.</p> <p>Offensively, trust builds slowly over time as players begin to see the game alike. They start to see the same opportunities developing one, two, or three passes down the field. That's part of the creativity needed by multiple players to create scoring opportunities.</p> <p>On defense, everyone on the field has some responsibility to defending the ball regardless of where they are. Defenders must simultaneously play the ball and their man. Soccer can never be thought of as “I did my job”. It's always “We have a job to do and we trust each other to do what's necessary to get the job done.”</p>

	<p>Finally, there's a form of trust involved in the player-coach relationship. It's the coach's job to correct mistakes and to make each player better. Sometimes criticism can be hard to take. When a relationship is built on trust, then communication is always based in truth (honesty) and it's always said with the player's best interest in mind. Your coach may have to be brutally honest with you at times, but he/she is doing it to help you become a better player and person. Sometime you just have to be mature enough to listen to what's being said and take it to heart without getting your feelings hurt.</p>
20 min's	<p>Small sided game:</p> <p>Tactical focus: Pressure on the ball</p> <ul style="list-style-type: none"> • Set up field appropriate for the number of player • Two teams, with each team working on 1 on 1 defending (pressure) • Close down on the player with the ball taking away their time and space
5 min's	<p>Cool down and farewell</p> <p>Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Home Work:</p> <ul style="list-style-type: none"> ✓ Practice defending 1 on 1 for 15 min's each day until our next session. ✓ Think about relationships you have with people such as your parents, siblings, teachers, and friends. How important do you think it is for them to trust what you say is true? ✓ <i>If you find yourself about to tell a little "white lie" then remind yourself how important it is to tell the truth to build trust.</i>

- **Cover** is the 2nd defender who provides help by covering the space if the 1st defender gets beat.
- **Balance** is all other defenders who cover space on the field away from the ball.



X1 pressures the ball, cuts off passing line O1, forces towards X2 the cover person. X3 is the person covering the open space on the field.

Important Rules:

- ✓ Move as a unit. Everyone moves together
 - ✓ Move AS the ball moves (don't wait for the ball to get there)
 - ✓ Communication is key...It's the glue that holds your defense together.
- **3 on 3 Defending** – Form 3 lines outside of the 18 yd box. 1st player in each line steps out of line and comes into the 18 yd. box all the way down to the 6 yd. line and become defenders. The next 3 players step forward to be offensive players. Coach makes a pass to one of the 3 offensive players and the 3 defenders run out to defend, recognizing who has pressure, cover and balance. The 3 defenders move with the ball and talk to each other as the work to win the ball.

Rotation – Offense goes to Defense. Defenders go to the back of the offense line.

5 min's

Water break and Life Skill Lesson – Trust

Review Trust:

Trust develops over time as players and coaches earn each other's respect. Trust depends on truth...if you lie, people will never trust you. Trust also develops as teammates talk to each other on the field and they do their job effectively.

	<p>How to Develop Trust:</p> <p>The foundation of trust is truth. You begin to build trust by being honest with each other. Below is a list of the key characteristics of trust:</p> <ol style="list-style-type: none"> 1. Be dependable - do what you say you're going to do, when you say you're going to do it. 2. Talk! Talk on the field builds trust. 3. Preparation builds trust. Put the time in to practice and make sure you are ready. 4. Believe in yourself and your ability. If you don't believe in yourself, how can your coach or your teammates believe in you? Practice positive self-talk. 5. Believe in your teammates and coach. Come to appreciate what your teammates do well and the effort they give.
20 min's	<p>Small sided game:</p> <p>Tactical focus: Pressure, Cover, Balance</p> <ul style="list-style-type: none"> • Set up field appropriate for the number of player • Two teams, with each team working on 1 on 1 defending (pressure) and with supporting players working on cover and balance.
5 min's	<p>Cool down and farewell</p> <p>Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Home Work:</p> <ul style="list-style-type: none"> ✓ Practice defending for 15 min's each day until our next session. ✓ Practice talking on the field. How can you help your teammates develop more confidence in you as a player?