



Description

Arrival Activity: Juggling (10 mins)

**Setup:** Defined space for the number of players. Ball per player. Coach observing, monitoring, motivating, etc.

**Activity:** Players try to execute specific juggling sequences > progressions.

-Thigh-Catch (R/L) > Thigh-Foot-Catch (R/L) > Thigh-Thigh-Foot-Foot-Catch

-Thigh-Head-Catch (R/L) > Thigh-Head-Foot-Catch (R/L) > Thigh-Thigh-Foot-Foot-Head-Catch

**Options:** How many times can a player successfully complete a particular sequence? How many times in a row? After a player reaches a specified number of repetitions, coach moves that player on to next level. Partner juggle (instruct players to make vertical touches rather than trying to pass the ball to each other in the air).

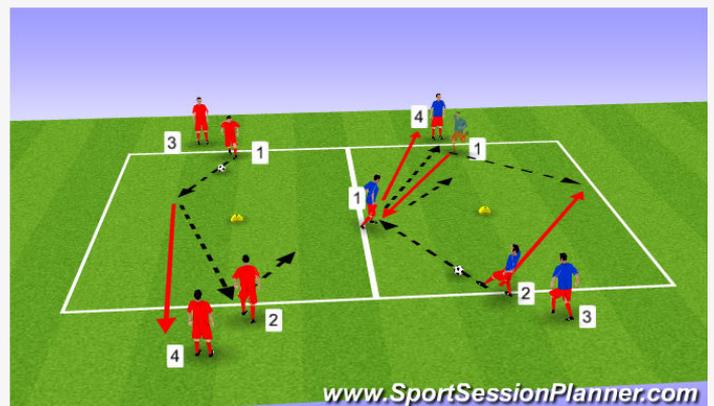


Technical: Passing/Receiving: Pass & Follow (15 mins)

**Receive/Pass & Follow (pictured left side of diagram)**

4-6 players per group. 1 Ball. Receive With (RW) given Technique to avoid central Cone. Pass With (PW) given Technique to opposite side. Follow pass. Next player receives.

**Progression:** RW Inside-PW Inside of Same Foot (R/L), RW Inside-PW Inside of Opp Foot (R/L), RW Outside-PW Inside (R/L)



Individual Tactics: 2v2 Defending (15 mins)

Teams of 6-8 field players each, plus Gks. 6-12 balls. 2 lines per team next to goals. Balls with the coach. Play starts with pass to attacking team. Play 2v2 to goals until ball leaves the field of play. All 4 field players leave the field returning to lines. Next ball to attacking team starts next 2v2. Practice round(s) with each team attacking/defending. Competition round(s) where scores are kept (3-4min each way).

**Coaching Points**

Read the play, read the passers body shape, travel to pressure as the ball travels

1st defender apply pressure to take away passing option to 2nd attacker (bent run)

2nd defender provide cover in a position that invites 1st attacker forward and minimizes passing option to 2nd attacker (position off 1st defender's shoulder, mirroring 1st defender body shape)

Force 1st attacker into sideline (sideline = another defender)

Double-team to win the ball from the 1st attacker by forcing a mistake and tackling or taking over the ball

Decision-making around who tackles (covering defender, or recovering defender?)

Win the ball toward space away from 1st attacker (not into the player/pressure), then transition into new space

Change roles as circumstances dictate (1st attacker beaten on the dribble, successful pass to 2nd attacker)



Communication ("I got ball," "keep her outside," "go hard")  
Goalkeeper as covering defender  
Goalkeeper as back-pass option

## Team Play: Defensive Shape: 6v6 Match Format (20 mins)

Play 6v6 (5v5 plus goalkeepers). Standard 6v6 rules.

**Focus:** Shape for Controlling Attacking Play

- Steering Attacking Play Toward 1 of 2 Goals (taking away option to attack 1 2 goals)
- 1v1 Defending Principles
- Group Defending: positioning of 3 players

Utilize Coaching in the Game methodology to provide insight into the game, such as attacking shape, defensive shape, roles & responsibilities, decision-making, etc. Reinforce coaching points from the session's previous activities.

