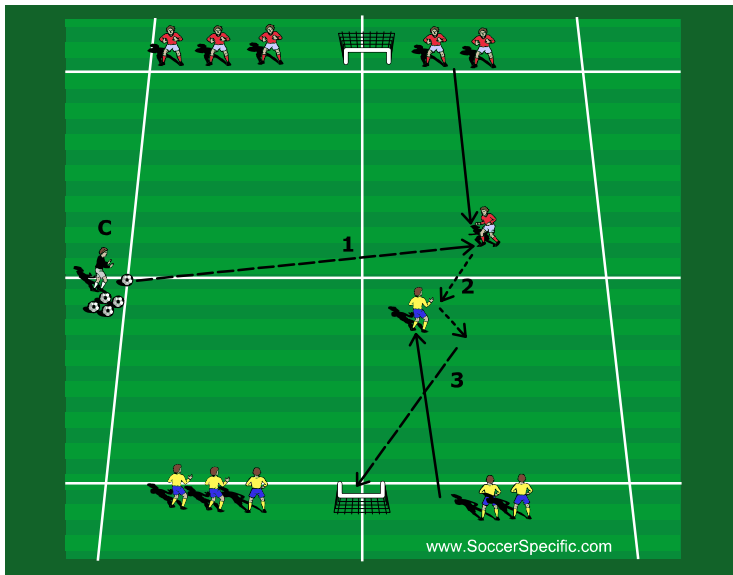


ACTIVITY #1

Set up: Warm up
20 x 20
Bibs to distinguish teams
Supply of footballs
Groups of three.
One ball between three.

Instructions: Players pass the ball amongst themselves, Randomly a player passes then closes down the pass. The player on the ball attempts to dribble the ball over the end line in the direction s/he's facing.

Coaching Points: Move as the ball moves with pace.
Steady on arrival.
Limit passing options of opponent
Deny opportunity to penetrate.
Select correct moment to intercept the ball.

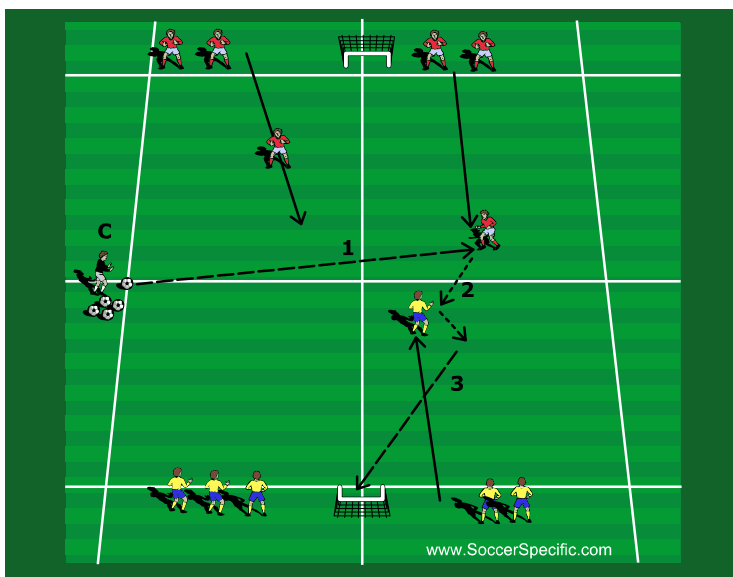


ACTIVITY #2

Set up: 20 x 20 field
Two teams 6 v 6 play 1 v 1
Bibs
Small goals
Supply of footballs

Instructions: Coach serves the ball into the field, one player from each team steps out to compete. Teams score by passing the ball into their opponents goal.

Coaching Points: Pressure or delay pressure? (Tactics)
Move into line of ball and goal.
Make up ground as the ball is traveling.
Deny the opponent the opportunity to penetrate
Technical breakdown (How to close down the opponent)
Select correct moment to intercept the ball.
Counter attack.

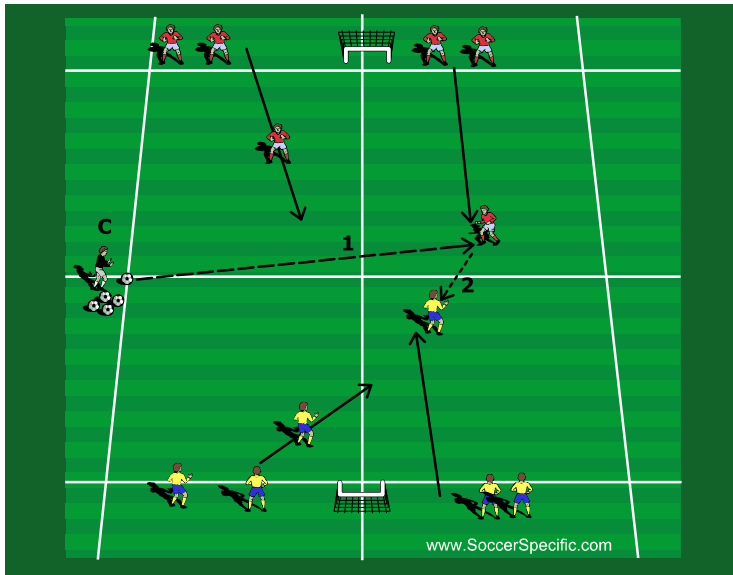


ACTIVITY #3

Set up: 20 x 20 field
Two teams of 6 v 6 play 2 v 1
Bibs
Small goals
Supply of footballs

Instructions: Coach serves the ball to one team (Attacking team), Two players from the attacking team step out to compete against one defender. Teams score by passing the ball into their opponents goal.

Coaching Points: Pressure or delay pressure? (Tactics)
Move into line of ball and goal.
Make up ground as the ball is traveling.
Deny the opponent the opportunity to penetrate
Isolate man on the ball (Limit attacking options) create 1 v 1
Technical breakdown (How to close down the opponent)
Select correct moment to intercept the ball.
Counter attack.

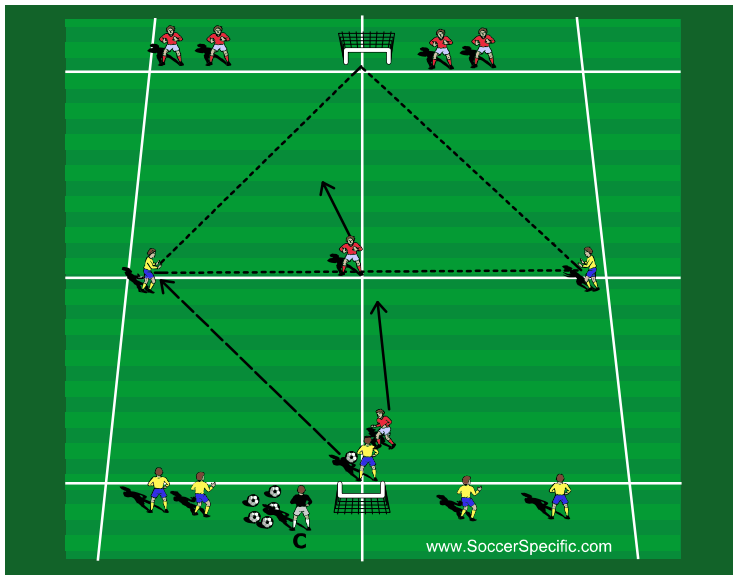


ACTIVITY #4

Set up: 20 x 20 field
Two teams 6 v 6 play 2 v 2
Bibs
Small goals
Supply of footballs

Instructions: Coach serves the ball to one team (Attacking team), Two players from the attacking team step out to compete against two defenders. Teams score by passing the ball into their opponents goal.

Coaching Points: Pressure or delay pressure? (Tactics)
Move into line of ball and goal.
Communication - Visual and verbal
Make up ground as the ball is traveling.
Deny the opponent the opportunity to penetrate
Isolate man on the ball (Limit attacking options) create 2 v 1,
Pressure and cover
Technical breakdown (How to close down the opponent)
Select correct moment to intercept the ball.
Counter attack.



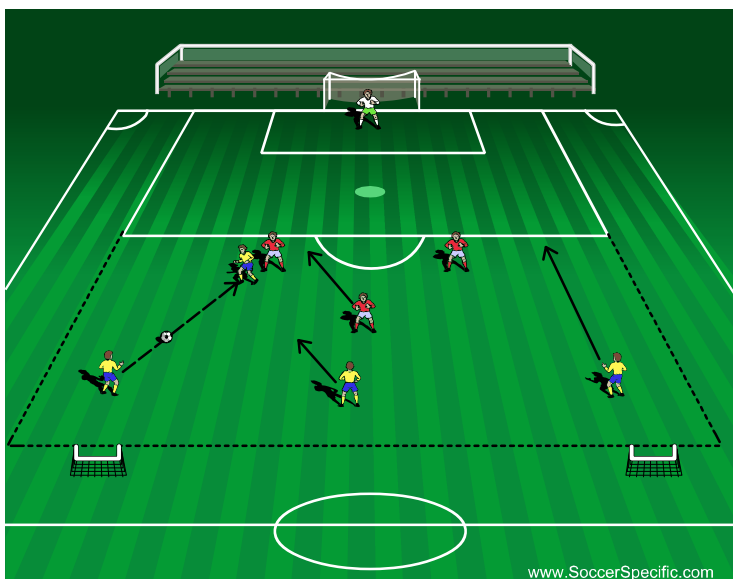
ACTIVITY #5

Set up: 30 x 20 field
Two teams 6 v 6 play 3 v 2 offside law applies on the half way line. Organization as shown.

Ball is served wide to attacking midfielder and game starts. Teams score by playing the ball into their opponents goal. If Defending team wins it, they get two points for scoring.

Bibs
Small goals
Supply of footballs
Instructions: Delayed pressure from last defender. Recovery of central midfielder. Limit scoring options of attacking team.

Coaching Points: Pressure or delay pressure? (Tactics)
Move into line of ball and goal. (Defensive Triangle)
Communication - Visual and verbal
Make up ground as the ball is traveling.
Deny the opponent the opportunity to penetrate
Isolate man on the ball (Limit attacking options) create 2 v 1,
Pressure and cover
Technical breakdown (How to close down the opponent)
Select correct moment to intercept the ball.

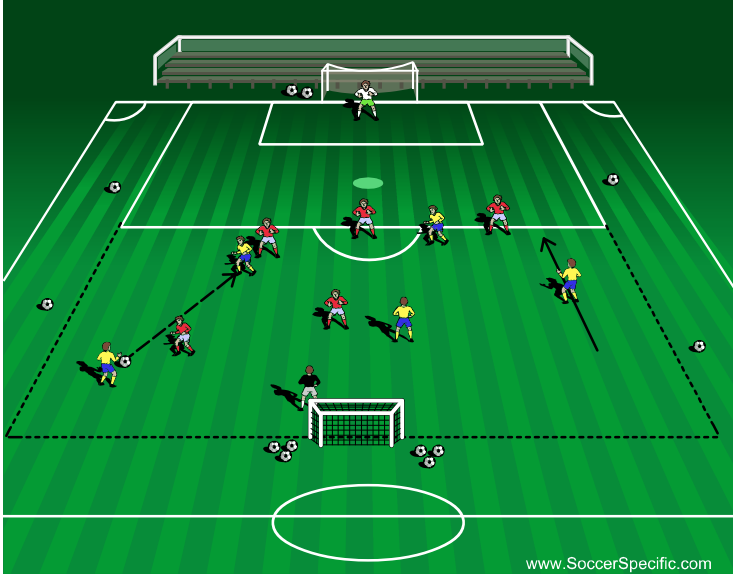


ACTIVITY #6

Set up: Offside Law applies on the edge of the penalty area.
3 + v 4

Dark team score in the two counter goals. Light team score in the.

Instructions: Pressure or delayed pressure.
Keep play in front of defense.
Track a man or pass him on.
Isolate man on the ball (Limit passing options)
Prevent opponent from turning (1 v 1)
Recovery runs (Team compactness)
Communication - Verbal and visual.
Coaching Points:



ACTIVITY #7

Set up: Two team play 6 v 6 which includes goalkeepers
Offside Law applies in opponents half.
Bibs, Supply of footballs, Full sized goals.

Instructions: Bringing it all together.

Coaching Points: Mental concentration

Maintain two lines of defense

Tactical Cues

Technical Performance

Counter attacking (Defensive cover)