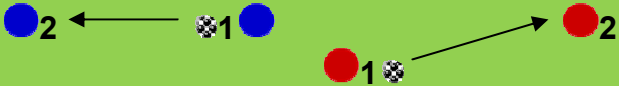
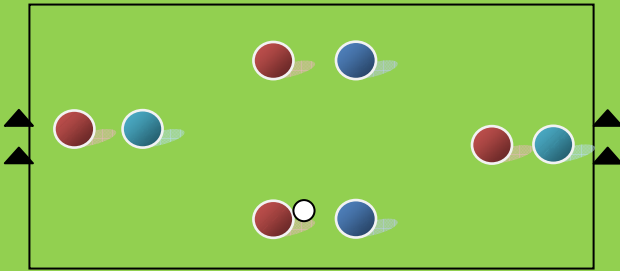
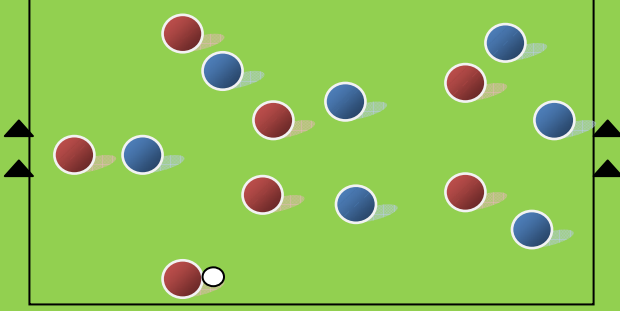





# PART 1 : DEFENDING

<p><u>WARM-UP</u></p> 	<p><u>ORGANIZATION</u></p> <ul style="list-style-type: none"> <li>❖ Area approximately 30 x 30</li> <li>❖ Ball between 2</li> <li>❖ Passing with movement</li> <li>❖ Pass then close teammate down</li> </ul>	<p><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> <li>❖ Delay</li> <li>❖ Approach: Pace, angle, body position</li> <li>❖ Control/Restraint</li> <li>❖ Include Dynamic Stretching</li> </ul>
<p><u>GAME #1</u></p> 	<p><u>4 v 4 (Group Defending)</u></p> <ul style="list-style-type: none"> <li>❖ 4 v 4</li> <li>❖ Area 30/35 x 40/45</li> <li>❖ With small goals.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Focus on 1 v 1 situations</li> <li>❖ Immediate pressure on ball</li> <li>❖ Delay: Pace, angle, body position</li> <li>❖ Control/Restraint</li> <li>❖ Cover (1 v 2, 2 v 2)</li> <li>❖ Balance</li> </ul>
<p><u>GAME #2</u></p> 	<p><u>7 v 7</u></p> <ul style="list-style-type: none"> <li>❖ Area 40/45 x 60/65</li> <li>❖ GK's with goals</li> </ul>	<ul style="list-style-type: none"> <li>❖ Pressure</li> <li>❖ Cover</li> <li>❖ Balance</li> </ul>
<p><u>GAME #3</u></p> 	<p><u>11v 11 GAME</u></p> <p><b>1-3-4-3 Formations to expose 1 v 1 situations all over the field!</b></p> <ul style="list-style-type: none"> <li>❖ Area top of each 18 yard box</li> <li>❖ GK's with goals</li> </ul>	<ul style="list-style-type: none"> <li>❖ Focus on 1 v 1 situations</li> <li>❖ Immediate pressure on ball</li> <li>❖ Delay</li> <li>❖ Control/Restraint</li> <li>❖ Cover</li> <li>❖ Balance</li> </ul>

(COOL-DOWN)