



ACTIVITY #1

Set up: Area 25x20 yards with two small goals. Two teams in pinnies - red v yellow.

Instructions: 1 player with the ball dribbles out and attacks 2 defenders 1v2. Defending team sends one player out, and one to goal mouth. Progress to 2v2.

Coaching Points: Work on pressure, cover, communication. Angle of approach – deny penetration.

Communicate early.

Force towards cover, win when you can and counter attack.

Establish defensive mentality.



ACTIVITY #2

Set up: Area 40x30 - modify as needed. Two teams play 4v4 with each team set up 3-1.

Instructions: Each team attacks and defends 3 goals in a 6 goal game. Work on midfield player cutting the field in half, team shape and reading cues.

Coaching Points: Same coaching points as warm up.

Individual defending technique.

Deny penetration and then make play predictable.

Read cues of when to step and try to create 1v1 or 2v1 situations.

When you can win the ball- tackle and counter attack.



ACTIVITY #3

Set up: Area 50x40 - modify as needed. Two teams in pinnies play 6v5 to small goals. Can also play to full goals with keepers.

Instructions: Work with one team to improve individual and team defending. Get defending team to apply pressure - 1st defender, provide cover - 2nd defender and provide balance - 3rd defender.

Coaching Points: Previous coaching points.

Isolate players and force to cover.

Individual defending technique.

Deny penetration and then make play predictable.

Read cues of when to step and try to create 1v1 or 2v1 situations.

When you can win the ball- tackle and counterattack.

Keep play on a side of field.



ACTIVITY #4

Set up: Two teams play 7v7 - 1-3-2-1 v 1-2-3-1. Can increase numbers to play 9v9 or 11v11 depending on age group and level. Use offside and normal rules including throw-ins, free kicks, etc.

Instructions: Focus on improving individual and team defending under the pressure of a game situation.

Coaching Points: Reminder of all previous coaching points.

Isolate players and force to cover.

Focus on good defending.

Pressure and cover on the same page.

Win the ball back early and reward team by allowing them to score goal.