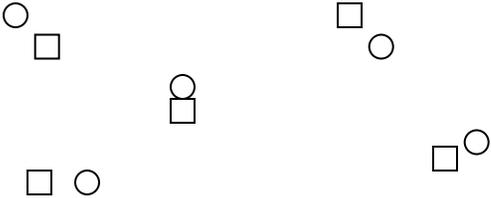
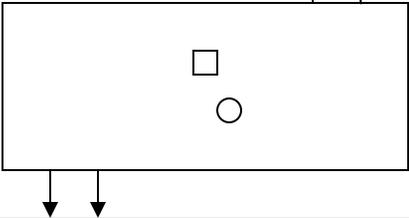
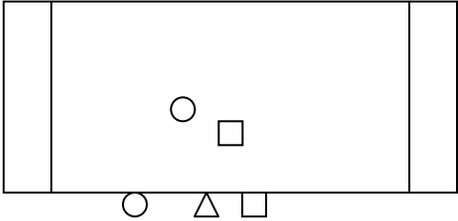
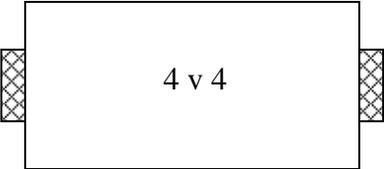




Name: Matt Callahan

Topic: Pressuring defender

Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ▪ Players need to pair up and pass the ball back and forth while moving ▪ On the coaches signal the player who does not have the ball pressures his/her partner and tries to take the ball away until the coach gives the signal to start passing again 	<ul style="list-style-type: none"> ▪ Good defensive stance <ul style="list-style-type: none"> ○ Body weight on front of feet ○ Eyes on the ball ○ Slightly angled – one foot closer to attacker ○ Close enough to make attacker look at ball
	<ul style="list-style-type: none"> ▪ Play 1v1 in a 10-x-20 yard area ▪ Two 2 yard goals are placed in opposite corners of the end lines ▪ Players are assigned one goal to attack and one to defend ▪ Winner is first to three goals or whoever has more goals after 60 seconds 	<ul style="list-style-type: none"> ▪ Good defensive stance ▪ Apply pressure to take away space/time ▪ Priorities are: <ol style="list-style-type: none"> 1. win ball back 2. deny penetration 3. limit the attacker's vision and options ▪ Approach quickly but not too fast ▪ Angle approach to limit options ▪ Body feint to throw off 1st attacker
	<ul style="list-style-type: none"> ▪ Two teams send out one person each into a 15-x-10 yard area with 2 yard deep end zones at each end ▪ A server roles a ball into the area and the players attempt to score by dribbling the ball into the end zone and stopping it with the bottom of their foot ▪ First team to 8 goals wins <p>Progressions: Send out more than one person at a time. Add cone goals for the players to score in instead of end zones.</p>	<ul style="list-style-type: none"> ▪ Good defensive stance ▪ Approach quickly but not too fast ▪ Angle approach to limit options ▪ Body feint to throw off 1st attacker ▪ Funnel first attacker to: <ul style="list-style-type: none"> ○ Dribble away from center of field ○ Towards a tight space (touchline) ○ Into a covering defender ○ Make the attacker play the ball with a weaker foot
	<ul style="list-style-type: none"> ▪ Play 4v4 + GK's ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if players realize when to become the pressuring defender ▪ Observe to see if players apply smart pressure