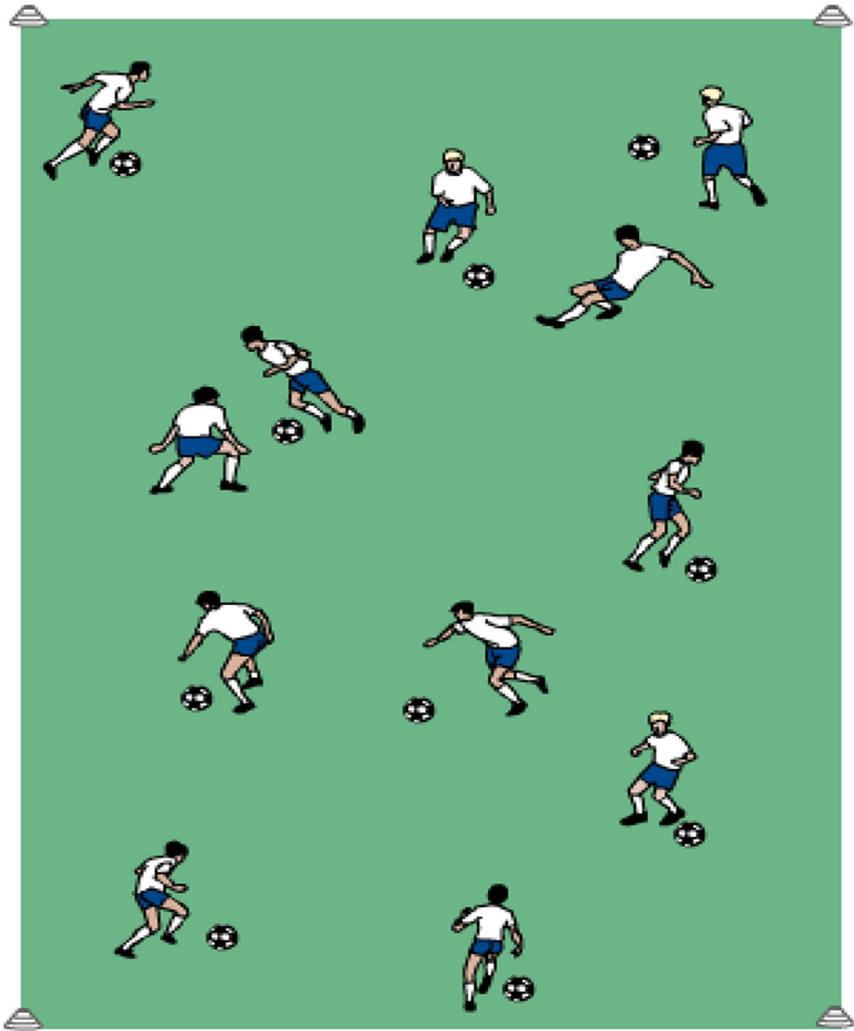
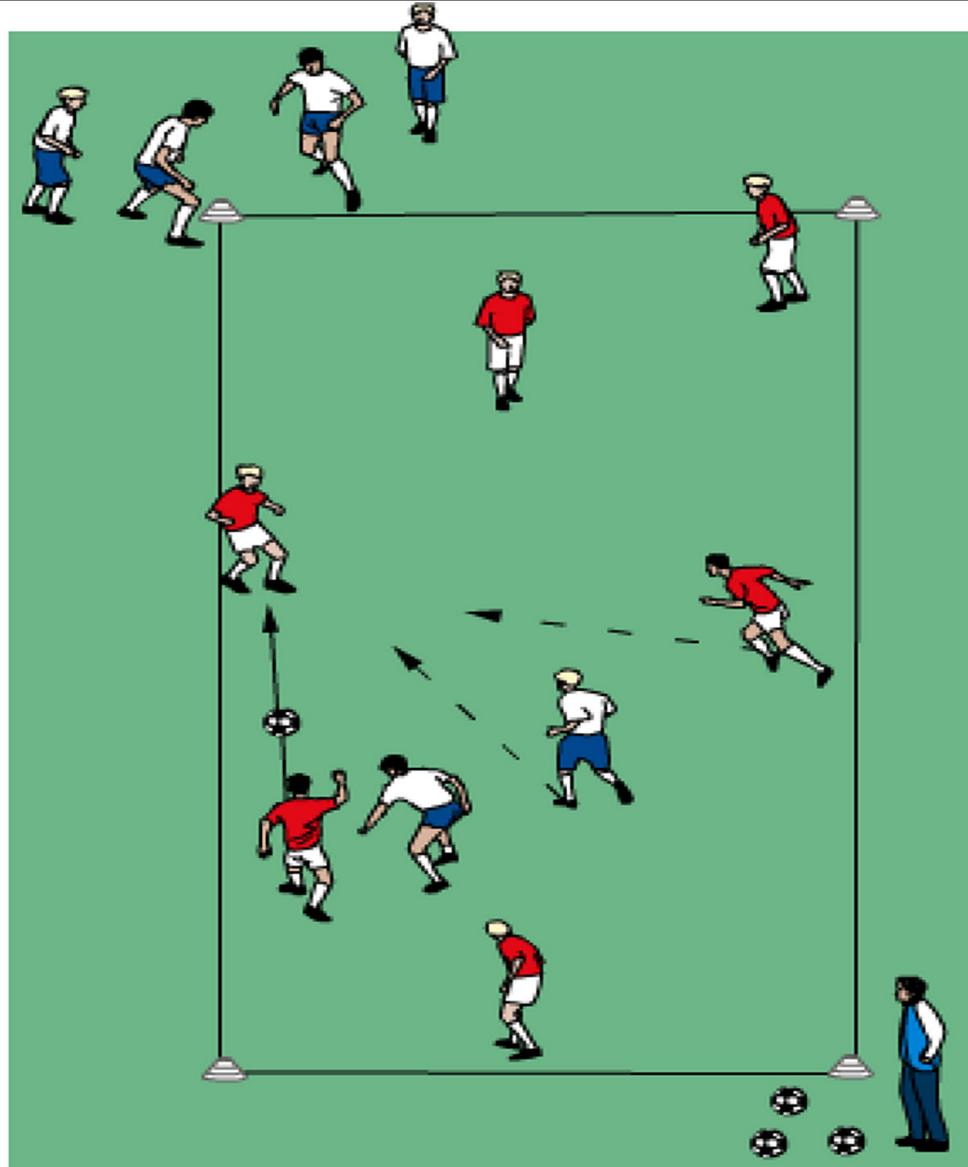


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 WARM-UP</p> <p>“If you don’t have one, get one”</p>	<p>FUN PRESSURE EXERCISE</p> <p>All but 2 players have a ball in a 35 yard long x 25 yard wide space. Coach instructs players that don’t have a ball to get one. Once a player loses their ball they try to get one from another player. When coach decides to stop, the players without a ball do a fun activity.</p>		<ul style="list-style-type: none"> • Get players to put pressure on players with a ball. • Transition to defense when the player lose their ball to a defender

2 Pressure Defending

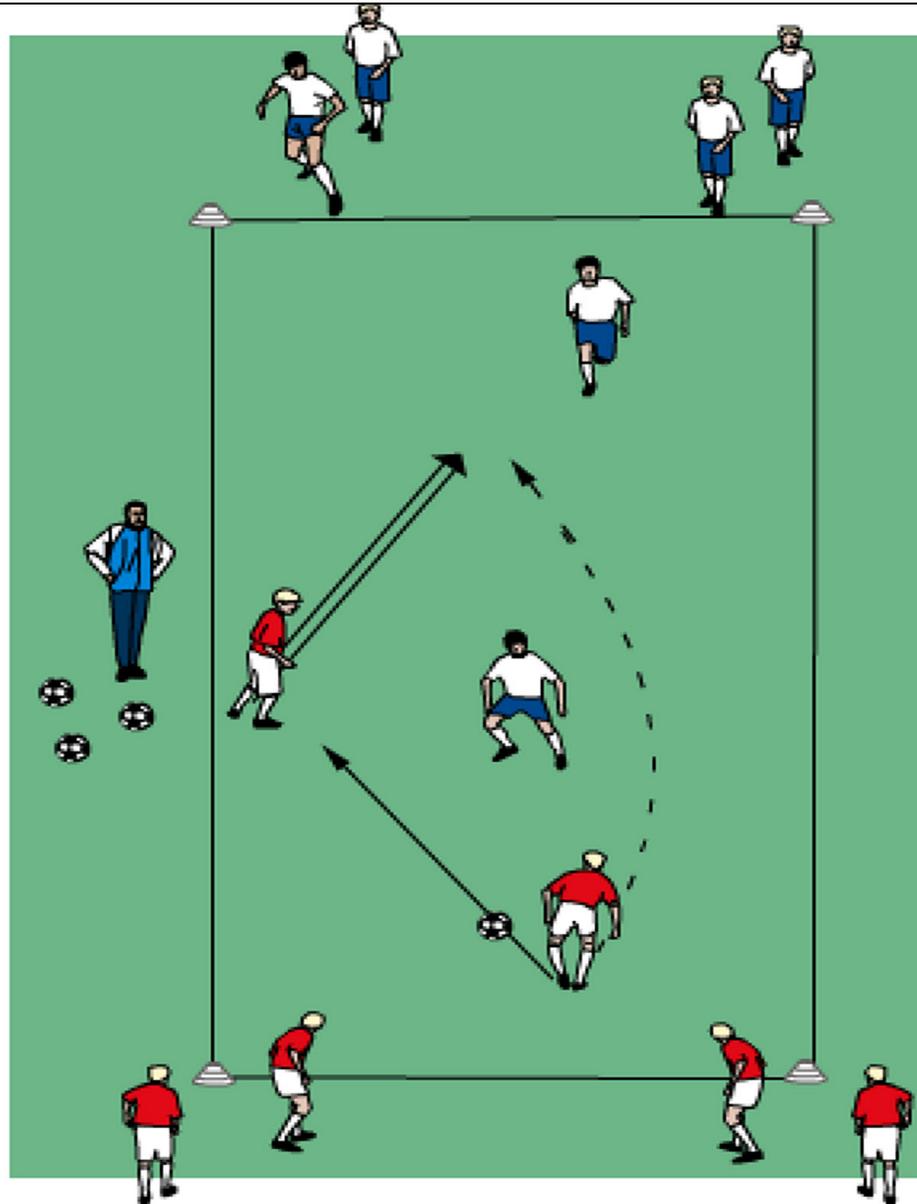
Break players in to 2 teams of 6. Have one group spread themselves out in a grid that is appropriate for the players. The other team forms two lines at one of the corners of the grid. The coach puts a ball into play for the team in the grid. The first player in each line then enters the grid to try and kick the ball out of play in as short an amount of time as possible. Once the first ball is out of play the coach plays another into the grid and then the next player in each line enters the grid. The coach keeps track of how much time it takes for the defending team to go through their lines.



- Have defenders force play away from help.
- Defenders should enter field with appropriate angle and speed of approach.

3 2 vs. 2 to End lines

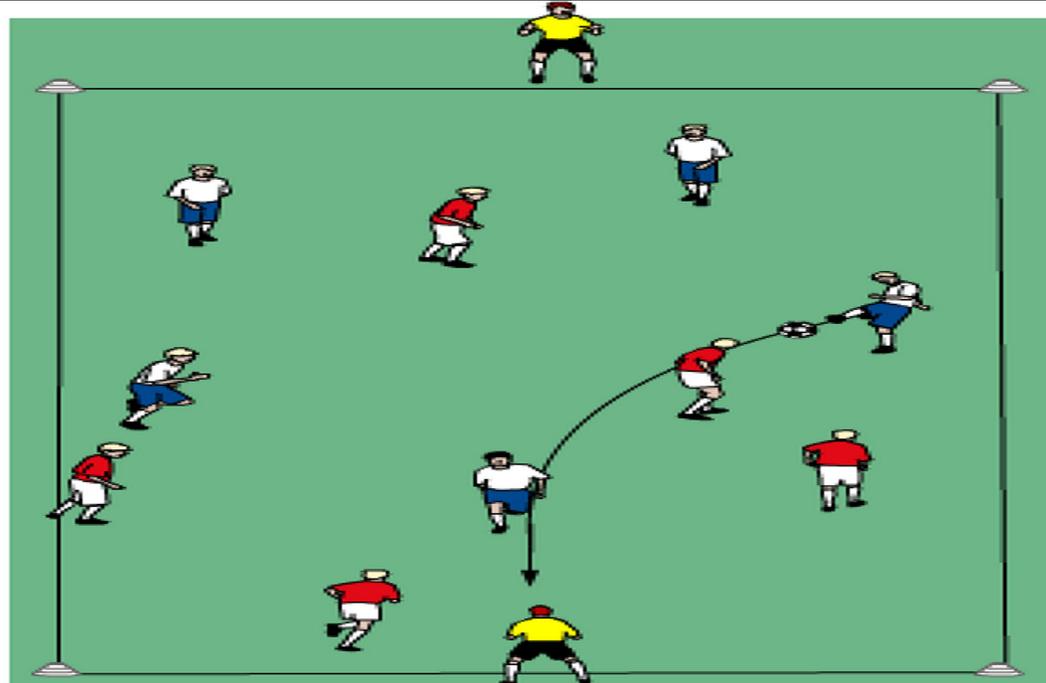
Keep same teams and grid. Have one team form lines on one side of the grid with the other team opposite. Coach is in the middle of the grid with the balls. Coach plays the ball to one team. That team attempts to dribble the ball over the opposing team's goal line. The defending team tries to stop the attacking team.



- Defenders should travel while the ball is moving from the coach to the attacking team.
- As player receives the ball the defender should be slowing down.

4 5 vs. 5 to Targets

Same teams on a field that is 40 x 50. GK's are on either end of field to be targets. Teams are trying to play to their target.



- Immediate pressure to prevent easy pass to target.

5 Final Game

6v6 Game on a 40 x 50 field including GK's.



- Watch for application of the above coaching points.