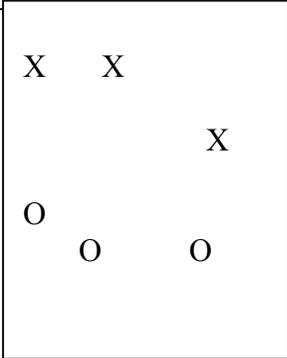
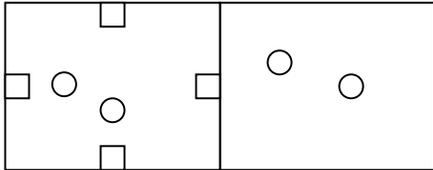


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. WARM-UP</p> <p>Ball between three players – moving and passing</p>	<p>Ball between three players – moving and passing</p>		<ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> </ul>
<p>2. KEEP AWAY</p> <p>Players organize themselves into groups of four. Set up two adjacent 15-x-15 yard grids</p>	<ul style="list-style-type: none"> <li>▪ In one grid the squares play keep away from two circles</li> <li>▪ When the circles win possession they look to play the ball into the other square to their teammates then sprint into the other square to support them</li> <li>▪ Two square go into other square to try to win the ball back</li> </ul> <p>Points for 5 consecutive passes, 5 pts wins</p>		<ul style="list-style-type: none"> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> </ul>
<p>3. 4v4 TO SMALL GOALS</p>			



# Lesson Plan



<p>Now the players organize themselves to 4v4 in a 25-x-35 yard area</p>	<ul style="list-style-type: none"> <li>Each team attacks either of two 2-3 yard goals just inside the opponent's end line</li> <li>As the ball is played from one side of the field to another players must move to support the new ball position</li> </ul> <p><b>Progressions:</b> Teams can score by completing a set number of consecutive passes or by playing the ball through the goal.</p>		<ul style="list-style-type: none"> <li>Possess the ball to look for an opportunity to score</li> <li>Players in good supporting positions</li> <li>Decision making: safety versus risk</li> <li>Communication</li> <li>Good team shape</li> </ul>
<p>4. SCRIMMAGE</p>			
<p>The players organize themselves into two teams of four, including a goalkeeper on each team.</p>	<ul style="list-style-type: none"> <li>4v4 +GK game</li> <li>No restrictions on players</li> </ul>		<ul style="list-style-type: none"> <li>Observe to see if players are providing good support</li> <li>Observe to see if the team possess the ball well and with a purpose</li> </ul>
<p>5. COOL-DOWN</p>			
<p>Juggle in pairs.</p>	<p>25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.</p>	<p>X . X</p>	<p>Recap the key points of executing the role of the covering defender.</p>