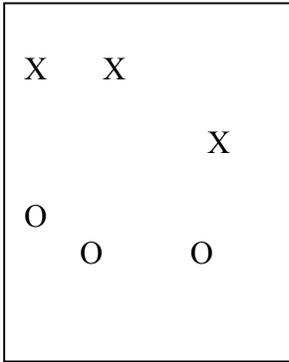
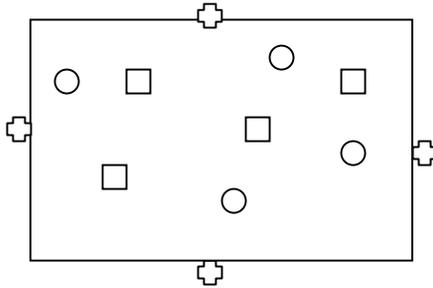
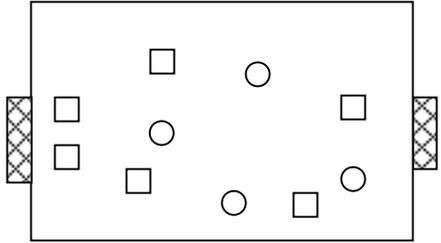


Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1. WARM-UP</b>			
Ball between three players – moving and passing	Ball between three players – moving and passing		<ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> </ul>
<b>2. 4v4v4 KEEP AWAY</b>			
Players organize themselves into groups of four. Play 4v4v4 in a 25-x-30 yard area	<ul style="list-style-type: none"> <li>▪ Four neutrals play, one on each end line</li> <li>▪ Teams compete to get 8 consecutive passes</li> </ul> Neutrals are limited to 2 to 3 touches		<ul style="list-style-type: none"> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> </ul> Good team shape
<b>3. 6v6 WITH COUNTER ATTACK</b>			

<p>Now the players organize themselves to play 6v6 in a 40-x-50 yard area</p>	<p>Instead of having goalies, when a team loses possession two members from the defending team drop back to be temporary goalkeepers</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><b>4. SCRIMMAGE</b></p>			
<p>The players organize themselves into two teams of six.</p>	<ul style="list-style-type: none"> <li>▪ 6v6</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><b>5. COOL-DOWN</b></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>