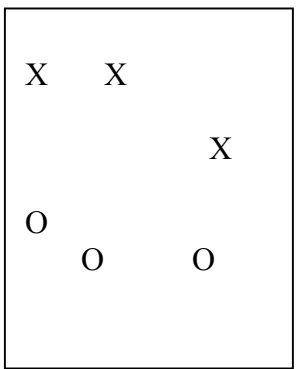
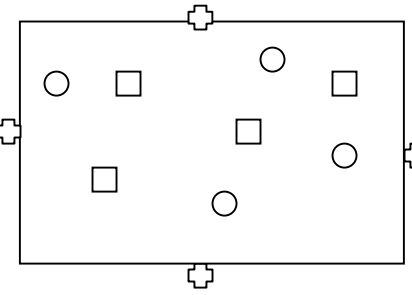
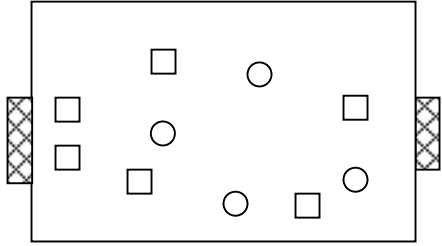



Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Ball between three players – moving and passing	Ball between three players – moving and passing		<ul style="list-style-type: none"> ▪ Players constantly moving ▪ Supporting players at an appropriate distance from 1st attacker
2.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

<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"> ▪ Possess the ball to look for an opportunity to score ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
<p>4. SCRIMMAGE</p>			
<p>The players organize themselves into two teams of six.</p>	<ul style="list-style-type: none"> ▪ 6v6 ▪ No restrictions on players 		<ul style="list-style-type: none"> ▪ Observe to see if players are providing good support ▪ Observe to see if the team possess the ball well and with a purpose
<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>