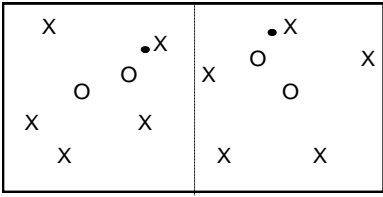
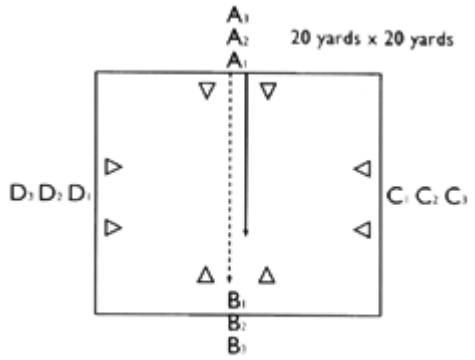
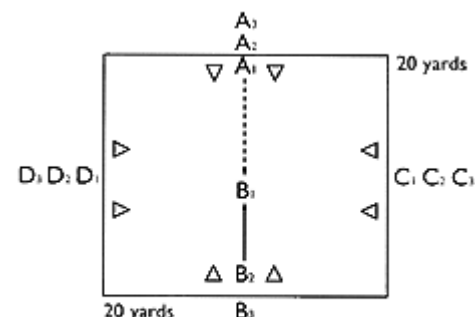
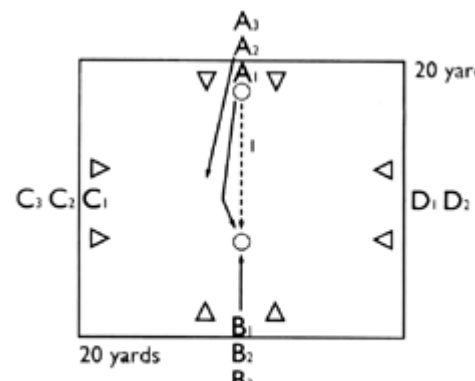



## Defending

<p><b>Warm-up 1</b> 10 Min</p>	<p><b>Simon Says</b></p>	<p><u>Description:</u> The Xs get a goal for 5 consecutive passes and also if they split the two defenders 3 times. Coach the defenders (pressure and cover) so they do not get split and work together to win the ball.</p> 
<p><b>Small-Sided 1</b></p> <p><b>Stage 1</b> 10 Min</p> <p><b>Stage 2</b> 10 Min</p> <p><b>Stage 3</b> 10 Min</p> <p><b>Stage 4</b> 10 Min</p>	<p><u>Description:</u> Organization: Four cone goals, set on each side of a 20 x 20 grid. Players will be arranged into four lines</p> <p><u>Objective:</u> Stage 1, player A1 passes to B1 and closes down from the front. B1 now attempts to beat A1 with the dribble and go to goal. When either a tackle is executed or a goal is scored, player C1 plays to D1. At the conclusion of the drill, players A and B switch places, as do players C and D.</p> <p><u>Coaching Points:</u></p> <ul style="list-style-type: none"> <li>• Defender should close down quickly but slowing the approach as he or she nears the attacker</li> <li>• Transform the attacker into a ball watcher</li> <li>• Defender should adopt a sideways stance for several reasons             <ul style="list-style-type: none"> <li>○ First, for proper block tackling</li> <li>○ Second, a poke tackle.</li> <li>○ Third, if beaten, he or she needs only to turn 180 degrees to make a recovery run.</li> <li>○ Finally, channel the attacker to a second defender or towards the sideline</li> </ul> </li> <li>• DELAY.</li> <li>• Timing of the tackle. The player should be within one step of reaching the ball, and should tackle the instant the attacker last touches the ball. Even with good tackling technique, a poorly timed tackling attempt can lead to a team breakdown.</li> </ul> <p><u>Progression:</u> Stage 2 involves A1 playing the ball to B1. B2 follows B1 and must prevent B1 from turning and scoring (see Diagram 3B). After play is finished with either a goal by B1 or a tackle by B2, A1 moves to the B line, B1 moves to the A line and B2 becomes B1 and will play the ball to A2, who will come to meet the ball and be challenged by A3. The C and D lines follow the same progression (see Diagram 3B). The defender Should keep the attacker's back to goal and his or her head looking down at the ball.</p> <p>Stage 3 calls for a 1v2 situation. The tactics of individual defending now is combined with the concept of cover and balance. A1 passes the ball to B1 with A1 and A2 defending (see Diagram 3C). A1 is the first defender and A2 should be in a support position with proper angle and distance. The support angle should be 45 degrees on the side A1 is channeling the attacker. This position is taken so that A2 can be in position to tackle or close down if A1 is beaten. If the support is too close, A2 could be beaten with the same touch as A1. If too far, A2 might not be able to make up the ground necessary to tackle or close down the attacker.</p> <p>Stage 4 calls for a 2v2 situation. Again, balance and cover are emphasized. In this case, A2 is still in a support position, but he or she also must be concerned with the second attacker, B2. If B1 does play the ball to B2, A2 must close down and becomes the first defender, while A1 adjusts and assumes a support position with proper angle and distance while still accounting for B1, who is now without the ball.</p>	 <p style="text-align: center;"><b>Diagram 3A</b></p>  <p style="text-align: center;"><b>Diagram 3B</b></p>  <p style="text-align: center;"><b>Diagram 3C</b></p>

## Defending

<p><b>Expanded Small-Sided</b> 20 Min</p>	<p><u>Description:</u> 35x50 2 teams. Each team attacks a 2 goals and defends 2 goals</p>	
	<p><u>Objective:</u> Players must use the defensive principles to win the ball and try and maintain possession to score</p> <p><u>Coaching Points:</u> Pressure Cover Balance</p>	
<p><b>Match</b> 15 Min</p>	<p style="text-align: center;"><b>5v5</b></p> <p><u>Description:</u> 35x50 2 teams. Each team attacks a goal and defends a goal</p> <p><u>Objective:</u> Let them do what they came to practice for, play soccer</p>	