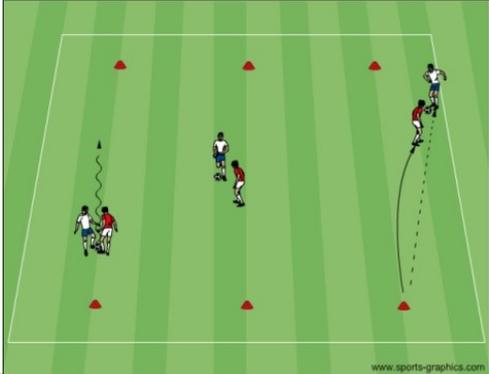


| SKILL                             | Scissors  | TOPIC   | Individual Defending   |
|-----------------------------------|---|---|--|
| 8-10 mins                         | <b>Play-</b> as players arrive have them join in a small sided game   | Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only | Let them play  |
|                                   | <b><u>Activity Description</u></b>  | <b><u>Set Up Diagram</u></b>  | <b><u>Coaching Points</u></b>  |
| #1<br><br>15 mins                 | <p><b><u>Defend the Cone:</u></b></p> <p>Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone.</p>  |                                 | <ul style="list-style-type: none"> <li>• Defender should block the lane to the cone</li> <li>• Force the attacker in one direction</li> <li>• Defender on your toes</li> </ul>   |
| #2<br><br>15 mins                 | <p><b><u>1v1 to goal:</u></b></p> <p>Use a small goal (or cones) and divide the team in half. All the balls with the coach. Teams line up behind a cone on either side of the goal. On the coaches command the first players in line run up around the top cone and compete for the ball to get a shot on goal. The play is stops when a goal is scored or the ball goes over the end line. First team to 5 goals wins.</p> |                                | <ul style="list-style-type: none"> <li>-If you do not win the ball defend to win it back</li> <li>-Read if your opponent is fast than you then get defensive immediately</li> <li>-Try to win the ball back not just kick it away</li> </ul> |
| #3<br><br>15 mins                 | <p><b><u>3v3 to Two Small Goals (10 min)</u></b></p> <p>Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p> <p><b>Scoring:</b></p> <p>1 point for passing goal<br/>3 points for dribbling goal</p>   |                               | <ul style="list-style-type: none"> <li>-Immediate pressure from behind</li> <li>-Patience; do not over commit</li> <li>-Close down quickly and under control</li> </ul>  |
| <b><u>PLAY</u></b><br><br>20 mins | <p><b><u>Small Sided Games</u></b></p> <p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field. ).</p>   |                               | Let them play  |