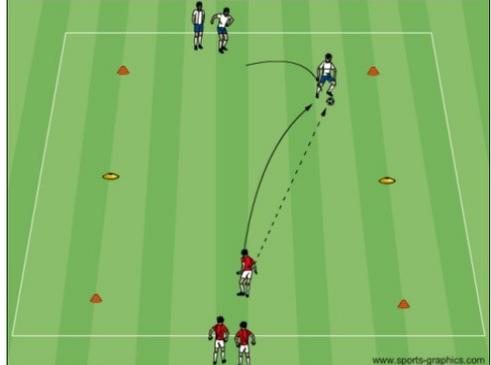
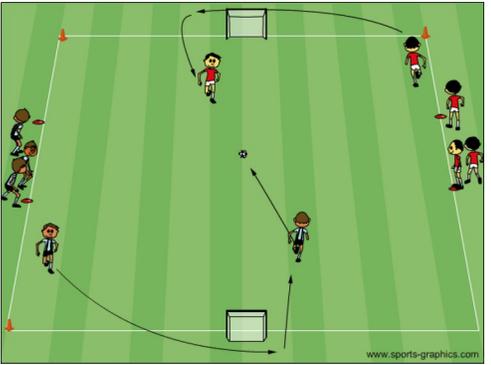
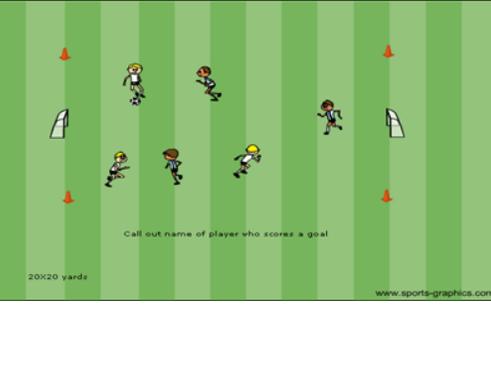


SKILL	Step Over	TOPIC	Defending
8-10 mins	<p>Play- as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
	<p><u>Activity Description</u></p>	<p><u>Set Up Diagram</u></p>	<p><u>Coaching Points</u></p>
#1 15 mins	<p><u>Defend the Cone Warm-Up:</u> 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. Version 2: Player starts at same cone and defender starts by passing through attackers legs who turns and tries to score on goal (cone)</p>		<ul style="list-style-type: none"> -1st defender should bend their run to block direct path to the goal (cone) -Force the opponent in the direction they want them to go -Defensive stance-on their toes, knees bent
#2 15 mins	<p><u>1v1 to Line (10 min):</u> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1st defender defends the line and tries to dispossess the attacker. If the 1st defender gains possession of the ball he immediately attacks the opposite goal line.</p>		<p>Important to delay progress of the opponent by jockeying the attacker with the ball</p> <p>Read attackers 1st touch and make decision to tackle or delay</p>
#3 15 mins	<p><u>Battle for the Ball</u> Two teams compete. Each player on the team gets a number (1,2,3,4etc) teams start on opposite ends of the field and must line up in between the cones. The coach calls a number(s) and those players run around their goal and try to win the ball and score on the opponents. More than one number can be called at a time.</p>		<ul style="list-style-type: none"> -Immediate pressure on the ball -Patience; do not over commit -Close down quickly and under control
<u>PLAY</u> 20 mins	<p><u>Small Sided Games</u> Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.).</p>		<p>Let them play</p>