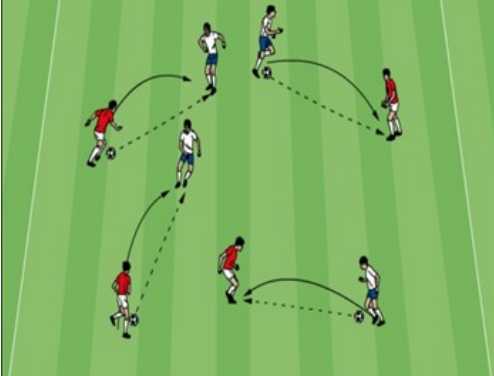
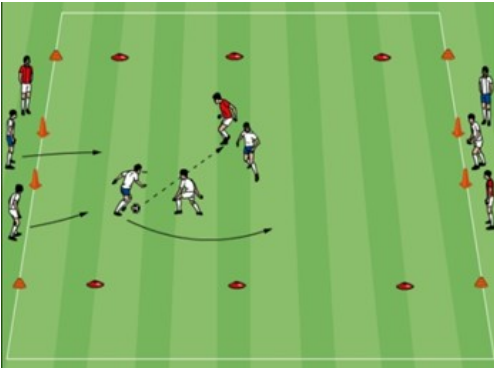




SKILL	Cruyff Turn L Turn	TOPIC Defending	
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 15 mins	<p><u>Partners</u></p> <p>Players pass to member of other color and move... to receive return pass</p> <p>after 5-8 yard pass: press (defend) sideways on & send opponent opposite direction of his first touch</p> <p>after 5-8 yard pass: press sideways ON & try to gain possession of ball with a tackle, body or shoulder move, accelerate and pass</p>		<ul style="list-style-type: none"> • Take 1st touch towards passing option • Communicate • Close down, slow down get down stay down
#2 15 mins	<p><u>2V2</u></p> <p>Each field shall have 10 players; 2v2 on the field and 3 players waiting for next battle. After 2v2 a player goes back to original starting position and other player starts on opposite side. This allows players to have many different partners throughout.</p>		<ul style="list-style-type: none"> • View the entire field • Team shape • Look for options • Increase speed of play
#3 15 mins	<p><u>4V4 To Small Goals</u></p> <p>The midfield line is the offside line. Each team attempts to score in one of the 2 goals opposite them. Work with one of the teams to help them maintain the flat shape of the defending action.</p>		<ul style="list-style-type: none"> • Team shape • Move into space • Communicate with teammates
<u>PLAY</u> 20 mins	<p><u>Small Sided Games</u></p> <p>8V8 scrimmage with GK</p>	 <p>20x20 yards www.sports-graphics.com</p>	Let them play