

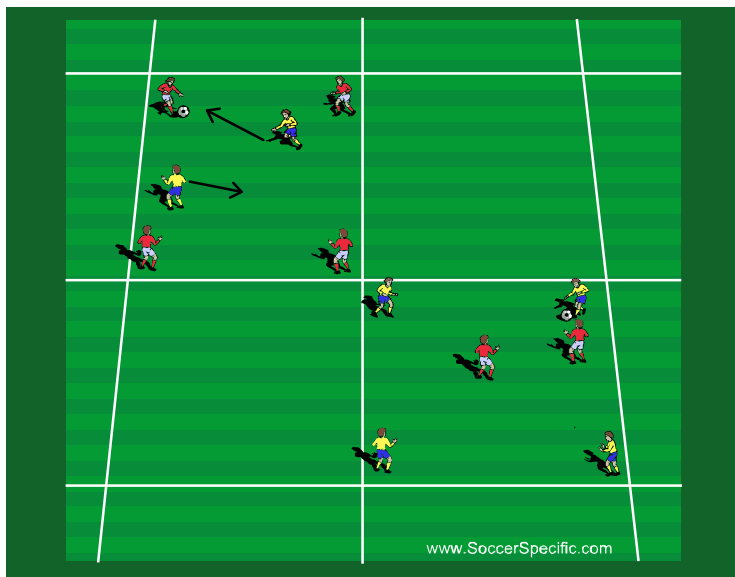
### ACTIVITY #1

**Set up:** Technical Warm-up; 12 players; 3 groups of 4; Groups of 4 will pair up. One ball per group of 4.

**Instructions:** After a few passes back and forth, red will play into one of the yellows, waiting to receive pass (Diagram A). The red who is parallel to the yellow that received it, will sprint and apply proper pressure on ball while the other red selects a proper 'covering' position. (Diagram B). Reds jog back and reverse roles.

**Coaching Points:**

1. Apply immediate pressure on ball. Select proper angle.
2. Support pressuring defender (Cover). Proper angle/support.



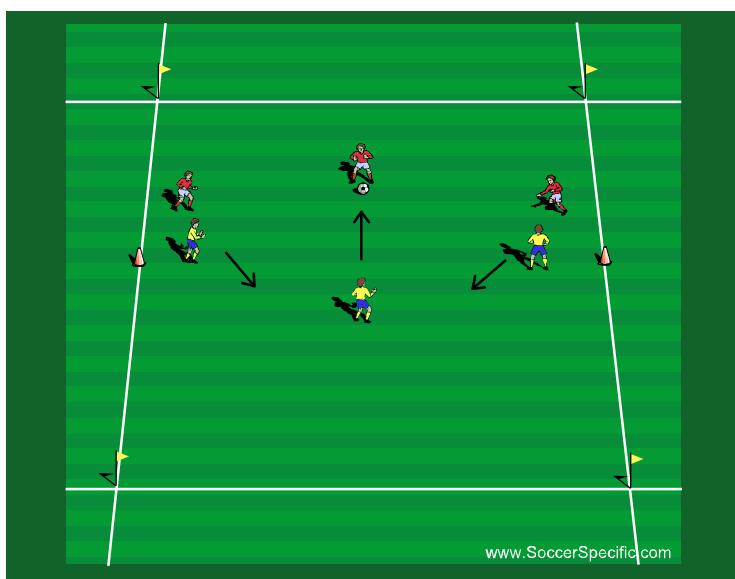
### ACTIVITY #2

**Set up:** Small-Sided Activity; 2 groups of 6; 4 v 2; Area: 12 yards x 15 yards.

**Instructions:** Players are participating in a 4 v 2 activity, with the focus on the 2 defenders. Defenders will try to organize quickly, not to get split and keep ball in front of them. Find moments when it is 'on' to dispossess attacker. Each color will rotate defenders every two minutes.

**Coaching Points:**

1. 1st Defender, angle important. Force into covering defender.
2. 2nd Defender, retreat quickly, to cut off potential split.
3. Communication.
4. All Above Points.



### ACTIVITY #3

**Set up:** Expanded Small-Sided Activity; 3 v 3 to lines; Area: 20 yards x 30 yards. With 12 players, create two fields, each field encompassing an 3 v 3.

**Instructions:** Each team must defend the line behind them. To score, team must dribble over endline.

**Coaching Points:**

1. Recovering 'centrally'.
2. Visual Cues - from pressuring defender, i.e. angle.
3. Do not cross in front of teammate while defending. Keep your shape, eliminate 'ball-chasing'.
4. Decision to tackle.
5. All Above Points.



#### **ACTIVITY #4**

**Set up:** Final Activity; The Game; 6 v 6; Area: 44 yards x 60 yards.

**Instructions:** Play the game, No restrictions; Organize teams into 1:2:3 and 1:3:2.

**Coaching Points:**

1. Defending space in behind.
2. Compactness.
3. Opportunities to double team.
4. All Above Points.