

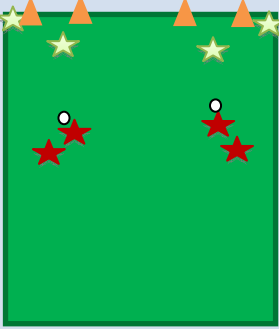
**Coaching Points – Fast to Slow, Sideways and Low**

- Immediate Pressure
- “Goal Side” Stay between the ball and the goal
- Defensive Stance: Stay low, staggered stance (one foot forward, one back)
- Don’t dive in for the ball: Wait until you know you can win it (bad touch or attacker turns away from goal)

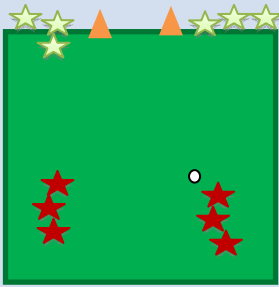
7:15-7:25 p.m.

<b>1. Warm Up:</b>	<ul style="list-style-type: none"> <li>• Shadow dribbling</li> </ul>	Coach Michael will run this activity with the assistance of the parent coaches and trainers	Emphasize coaching points (above).
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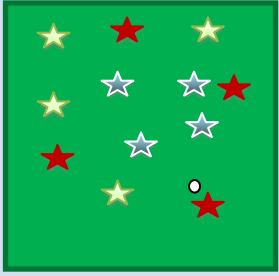
7:25-7:35p.m.

<b>2. 1 vs. 1 battles</b>	<ul style="list-style-type: none"> <li>• Set up two small fields, on your half of the field.</li> <li>• Have the players evenly split between four lines: a defending line at each goal and two attacking lines about 15 yards from the goal.</li> <li>• Attacker tries to dribble through cones on opposite end of the field.</li> <li>• Defender tries to win the ball (no diving in!).</li> <li>• If the ball goes out of bounds or the defender wins it, the next players in line take a turn.</li> <li>• Players should stay in the same line for several rounds, then switch roles.</li> </ul>		<ul style="list-style-type: none"> <li>• Emphasize defending</li> <li>• Stay about 1 arm distance away from attacker</li> <li>• ‘Contain’ the attacker; don’t “dive in” for the ball</li> <li>• Keep a staggered stance</li> </ul>
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7:35-7:45 p.m.

<b>3. Defending 2 vs. 2</b>	<ul style="list-style-type: none"> <li>• Change the two fields into one field. Keep lines the same.</li> <li>• Teams play 2 vs. 2</li> <li>• Attacking team tries to score on the regular goal.</li> <li>• Defending team uses proper defending technique to prevent the other team from scoring.</li> <li>• Play a few rounds practicing good defense, then switch roles.</li> <li>• Move quickly so players do not stand in line for long periods of time.</li> </ul>		<ul style="list-style-type: none"> <li>• Emphasize defense</li> <li>• Defender closest to the ball puts immediate pressure on the attacker .</li> <li>• Only one defender should go to the ball at a time</li> <li>• Don’t dive in!</li> <li>• Emphasize spacing between the defenders.</li> </ul>
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7:45-8 p.m.

<b>4. 4 v 4 v 4</b>	<ul style="list-style-type: none"> <li>• Split players into three even teams, use scrimmage vests to designate teams.</li> <li>• For each round, two teams play offense and one team plays defense.</li> <li>• The two teams pass the ball to keep possession, while the third team tries to win the ball using proper defending techniques.</li> <li>• The defending team must win the ball six times before switching to offense.</li> <li>• Coach should keep track of how long it takes to win the ball six times. Team with shortest time wins.</li> </ul>		<ul style="list-style-type: none"> <li>• Emphasize defender nearest the ball goes to the ball (pressure) while other players get in to position to cut off passes (cover).</li> <li>• Defending players should communicate during the activity, for example:             <ul style="list-style-type: none"> <li>○ I’m going to the ball</li> <li>○ Push them outside/inside</li> </ul> </li> <li>• Do not dive in!</li> </ul>
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8-8:15 p.m.

<b>5. Scrimmage</b>	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or play against your “practice partner” team.		<ul style="list-style-type: none"> <li>• Reinforce lessons from training during the scrimmage.</li> <li>• Use this time to ask trainers questions about game tactics.</li> </ul>
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**Homework:** Who can keep the ball in the air longest using only their feet? Want to improve each week. **Week 7’s goal = 7 juggles**