Date: Saturday Dec 3\textsuperscript{rd} 2016

**Warm-Up**

**Tag Game A**
- 10x 10 yard grid with 6 players in a grid, 3 per team
- In opposite corners place some 2 yard gates
- One team are the defenders (blue), the other team’s attackers (white)
- Attacking team has 5 seconds to get through the opponent’s gate without getting tagged.
- If they are tagged they it’s a point to the defender, if the attacker gets through the gate they win a point.
- Players switch sides after each attempt.

**Coaching Points**
- Apply the pressure quick
- Keep them running on one side and do not allow them to turn

**Tag Game B**
- 15 x 15 yard grid with 8 to 10 players placed in pairs
- One player is the attacker, the other player is the defender.
- The attacking player jogs around the grid and the defender follows
- At any time within a 20 second period the attacking player can explode out of the grid and the defender has to tag them before they get out.
- Attacking player can only change direction (quickly once), progress to allow them to change direction several times

**Coaching Points**
- Defender needs to stay tight and keep letting the attacker know they are there by tapping the arm or the back, keep eye on the attackers middle of the body.

**Tag Game C**
- 21 x 16 yard grid with 13/14 players placed into two teams.
- On the end of each grid place a two-yard gate and a cone/pole on the halfway line.
- Ball starts on the halfway line and is played in to the attacking team who start with a high target and two players breaking out.
- As the ball is played in two defenders come out and apply the pressure, trying to delay the attacking and deny the opportunity for the attacking team to dribble thru the gate.
- As soon as the first attacker touches the ball, a third defender can join the activity by running through the gate and defend by tracking back to create a 3v3.
- If the Def’s win it they attack the other gate
- Progress to allowing a 4th attacker to join in after they have played the initial pass.

**Coaching Points**
- Force the play away from the goal, by shaping up the body on the attacker, and getting tight.
- Do not allow the attacker to turn and try to force them into the second defender.
- Be patient and delay the attack, allow time for players to get back and defend the space.
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**Topic:** Defending, Numbers Down

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**Cool Down**

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**7v7 plus 1 neutral on a 55x 40 field, place a halfway line on the field (adjust the size of the field to the amount of area available)**  
Teams play in a 1-2-1-3 Formation, giving both teams the advantage in the attacking half.  
Make sure the neutral player is a very attack minded player  
The attacking players can track back after the ball has been played over the half way line.

**Coaching Points**

Delay the team the opportunity to penetrate by slowing down the attack  
Players track back goal side and defend the space around the goal  
If the defender is able to get the attacker face back towards their goal, encourage them to defend from the front.  
Push the unit out once the ball has been won and transitioned into the attack

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9v9, playing in a 1-2-3-3 to still allow attacking overloads

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Cool Down