<table>
<thead>
<tr>
<th>Fundamental - Warm Up</th>
<th>Organization</th>
<th>Key Coaching Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place the team into two groups of five</td>
<td>* Immediate Chase</td>
<td></td>
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<tr>
<td>One team keeps possession by passing the ball around against 1 defender</td>
<td>* Body Shape, bent knees and sideways stance</td>
<td></td>
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<tr>
<td>Every 30 seconds another defender is added</td>
<td>* Force the player in possession in to making the mistake</td>
<td></td>
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<tr>
<td>When the defenders win possession or force the team in possession to kick it out the ball is transferred over and roles of the teams are reversed.</td>
<td>* Tackling</td>
<td></td>
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</tbody>
</table>

**Match Related Activity**

**2 v 2 to small games (progress to 3 v 3)**
- Played in a 15 yard x 22 yard area
- One attacking player starts on a cone, half way down the grid
- Ball gets played into the attacking player and the passing player come out tow support
- Two defenders come out to create 2 v 2
- Goals are scored by dribbling through the goals
- Award defending team two points for winning it and going on to score. Rotate roles when the first team scores 10

**Immediate Chase**, move forward before the ball has been passed
- Delay the player from turning - force the play back
- Double up as space becomes limited
- Communication - Instructions from covering defender

**Match Related Activity**

**6 v 6 including Goalkeepers**
- Each team attacks/defends three goals
- A Goalkeeper is placed in each central goal
- Put in an halfway line so the offside rule applies
- Teams can score one point by dribbling through one of the side goals
- Teams score two points by scoring in the big goal past the keeper
- Teams play with 3 Def and 2 Strikers

**Immediate Chase, move forward before the ball has been passed**
- Pressure, Cover, Balance
- Make it compact
- Upon winning the ball, decision to try and penetrate

**Match**

**9 v 9**
- Normal Soccer Rules, including offside
- Little to NO coaching, play the game with no restrictions
- Teams play in a 1-3-2-3 formation
- If the ball can be won back immediately go and win it

**Players** = Players  **Goalkeeper** = Goalkeeper
**Pass** = Pass  **Dribble** = Dribble
**Run/Player Movement** = Run/Player Movement
**Goal** = Goal  **Ball** = Ball  **Con** = Con

**Cool Down**
- Players pass and move in pairs. Stretch