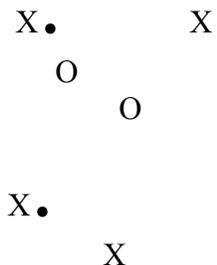
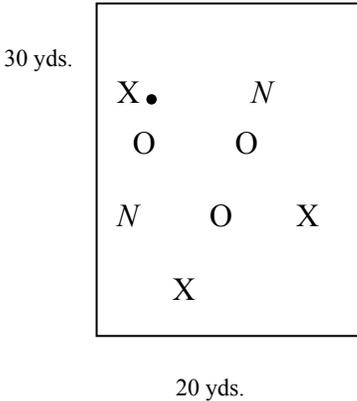
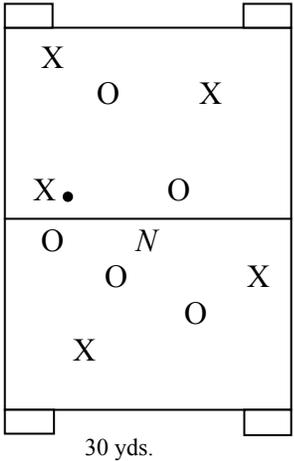
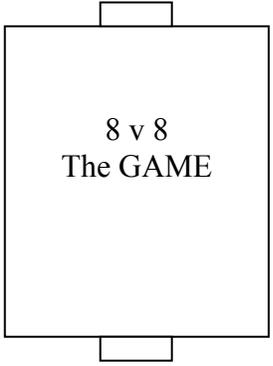


Topic: **Team Defending**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>In pairs, one ball between two passing and moving. Two pairs defending without a ball (20 x 30 area or as needed). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Pairs work together the entire time.</li> <li>▪ Wear or hold pinneys or bibs to differentiate the defending pairs.</li> <li>▪ Pairs work to keep the ball away from the defending pairs. Once the ball is won by a defending pair, they keep the ball and the attacking pair immediately transitions to defend.</li> </ul>		<ul style="list-style-type: none"> <li>✓ “Hunting” in pairs – must defend together, not as individuals</li> <li>✓ Immediate pressure to the ball</li> <li>✓ Make play predictable</li> <li>✓ Force the ball to cover</li> <li>✓ Verbal and visual communication and direction</li> </ul>
<b>Restricted</b>			
<p>3 v 3 + 2 (20 x 30 area or as needed). Neutral players play for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ Three defenders work together to channel or funnel the ball to defensive support.</li> <li>▪ Once the defending team wins the ball, they immediately transition to attack.</li> <li>▪ Progress to line soccer, adding direction to the exercise.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Pressure, cover and balance responsibilities</li> <li>✓ Proper defensive shape and balance</li> <li>✓ Focus on defending collectively</li> <li>✓ Visual cues from the attacking team</li> <li>✓ Defend with patience</li> </ul>

Topic: **Team Defending**

<b>Counter Goals and/or Lines</b>			
<p>5 v 5 + 1 (3 v 2 in each grid) to 4 small goals or counter lines (30 x 50 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ 3 v 2 in each grid. Neutral player can play in either grid. Players are not allowed to enter the other grid.</li> <li>▪ Progress by allowing a 2<sup>nd</sup> player to enter the attacking grid once they have combined with a target player.</li> <li>▪ Goals are scored by penetrating passes through the small goals or dribbling across counter lines.</li> <li>▪ Remove central line and play.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Defending shape and balance with movement of the ball</li> <li>✓ Correct starting positions with respect to the ball and goals</li> <li>✓ Defensive pressure from behind (forwards)</li> <li>✓ Organization of the back three with attackers running at them</li> <li>✓ Zonal defending</li> </ul>
<b>Two Goals</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible Formation 2:3:2</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Compactness of the field (limit attacking space and options)</li> <li>✓ Zonal defending</li> <li>✓ Counter attack</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>