
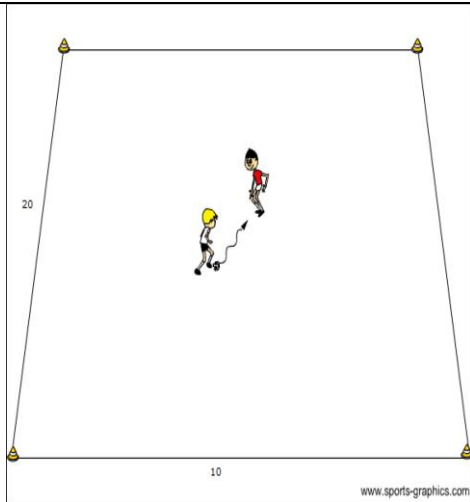
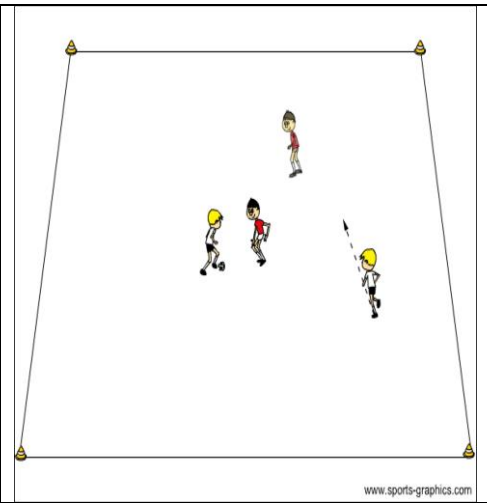
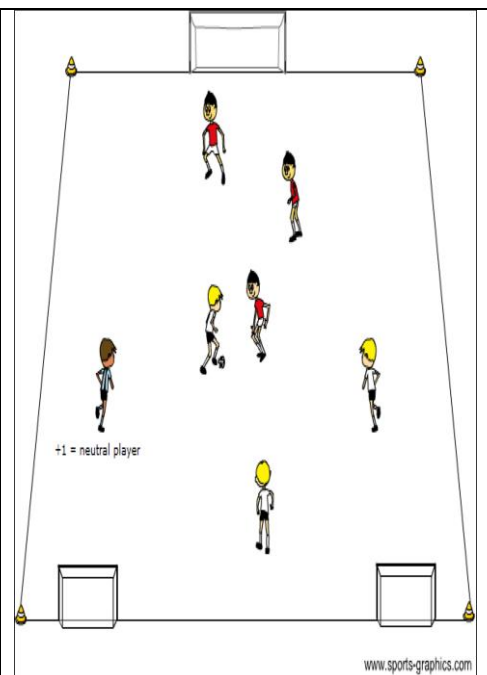
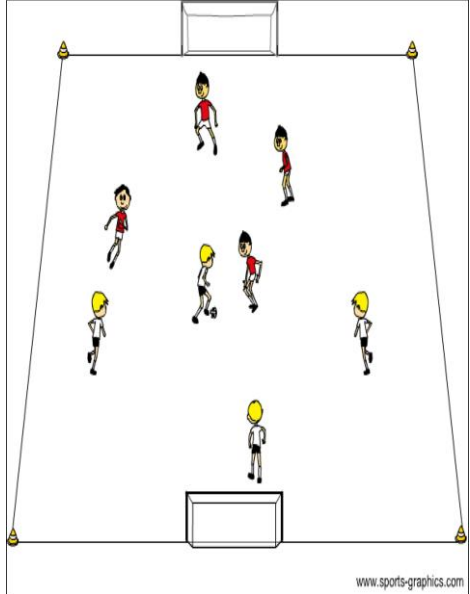



Activity Name	Description	Diagram	Coaching Points
<b>1 WARM-UP SHADOW EXERCISES</b>			
<p>Players organize themselves into pairs with one ball to a pair.</p>	<p>Unlimited space. Partner with the ball faces one of the touchlines and dribbles towards his/her partner. The defending partner does a slow retreat while staying within one yard of the dribbler. Shadow the moves of the dribbler as he/she dribbles towards the opposite touchline.</p> <p>Once the opposite line is reached the players switch roles, repeat the exercise and work back towards the original starting point.</p> <p>VARIATIONS:</p> <ul style="list-style-type: none"> <li>• Face-to-face</li> <li>• Side-to-side</li> <li>• Recovery</li> </ul>		<ul style="list-style-type: none"> <li>• Body shape (posture)</li> <li>• Footwork</li> <li>• Angles to the dribbler</li> <li>• Space (distance between the defender and attacker) &amp; (location in the playing area)</li> </ul>
<b>2 1 VS. 1 DEFENDING</b>			
<p>20 x 10 yard grid. One pair per grid and one ball per pair.</p>	<p>The players start at opposite ends of the grid with the defender having the ball. The defender passes the ball to the dribbler and then goes to defend. The dribbler tries to get to the opposite end of the grid with the ball under control.</p> <p>Switch roles after each turn.</p> <p>Encourage the defender to try to gain possession of the ball and not merely dispossess the dribbler.</p>		<ul style="list-style-type: none"> <li>• Angle of approach</li> <li>• Speed of approach</li> <li>• Long strides early to cover yardage</li> <li>• Short strides once the defender is within three yards of the dribbler</li> <li>• Physical control &amp; emotional restraint</li> <li>• Lower the center of gravity by bending the knees and leaning slightly forward at the waist.</li> </ul> <p><i>Q.:</i> When might you go for the ball? <i>A.:</i> When the dribbler takes a heavy touch of the ball.</p>

<p><b>3 2 VS. 2</b></p> <p>25 x 15 yard grid. Two pairs per grid and one ball per grid. Use training bibs to designate the pairs.</p>	<p>Same set up as in activity number two above. Attackers may pass as well as dribble and try to get the ball over the opposite end line under control. The defenders try to gain possession of the ball.</p> <p>If the attackers get to one end they turn and attack the opposite end of the grid. Switch roles after two minutes.</p>		<ul style="list-style-type: none"> <li>Tactically reading when to be the first defender.</li> <li>Help the players recognize when they should be the first defender and when to switch roles with the other defender.</li> </ul> <p><i>Q.:</i> How do you change the odds in this situation? <i>A.:</i> Cut off the pass to the other attacker and force the dribbler into my teammate.</p>
<p><b>4 3 VS. 3 + 1</b></p> <p>40 x 30 yard grid with one age appropriate goal at one end and two small counterattack goals at the opposite end. Three balls at each grid, one in use and one at each end of the grid to keep the activity moving if a ball goes astray.</p>	<p>The team on the attack will always be numbers up because of the neutral player who is only on offense. The defending team will have to make quick and clear decisions on who is to pressure the ball (be the first attacker). Designate one team to be the defenders. They defend the large goal and attack the small counterattack goals. Have the two teams of three switch roles every three minutes. Switch the neutral player at that time also. Use training bibs to designate the two teams. The neutral player must be in a third color.</p>		<ul style="list-style-type: none"> <li>Verbal and visual communication between the defenders.</li> <li>Clear communication and understanding between the defenders on who will pressure the ball.</li> <li>Is the first defender executing the points taught earlier in the training session?</li> <li>Do the defenders know when to switch roles and become the first defender?</li> </ul> <p><i>Q.:</i> How can you deal with the extra player the attack will always have? <i>A.:</i> Have our third defender drop off to give deeper cover and to be able to go to either side as needed.</p>

<b>5 4 VS. 4 TWO GOALS</b>			
<p>50 x 40 yard grid with an age appropriate goal at each end. Designate the two teams with training bibs.</p>	<p>No goalkeepers are used in this exercise so as to emphasize the need for proper defensive pressure on the ball. Otherwise play by the normal rules of play for the age group. The small playing area and the small number of players will give the players many opportunities to act as the first defender. Set up more grids if needed to keep all of the players active.</p>		<ul style="list-style-type: none"> <li>Are the players beginning to execute the points taught through the session on how and when to be the first defender?</li> </ul> <p><i>Q.:</i> Who does the work to pressure the ball? <i>A.:</i> The person closest to the opponent in possession.</p> <p><i>Q.:</i> What if they pass the ball? <i>A.:</i> Then the person in that area moves to pressure the ball.</p>
<b>6 8 VS. 8 MATCH</b>			
<p>Set up is a regulation 12-U field and goals according to the US Youth Soccer modified rules for the 12-U age group.</p>	<p>Combine the players now and include the goalkeepers. Play 7 vs. 7 up to 9 vs. 9 depending on the number of players available. Play a regulation match for ten minutes.</p>		<ul style="list-style-type: none"> <li>Observe the players to see the decisions they make about playing first defender.</li> <li>Observe the players physical execution of the first defender.</li> </ul>

**COOL-DOWN**

Easy jogging – forwards, backwards, sideways – stretch in between each variation of jogging.  
Both the players and coaches should drink plenty of water at the end of training.