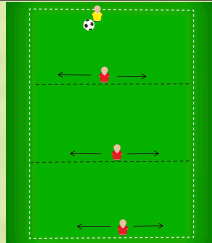
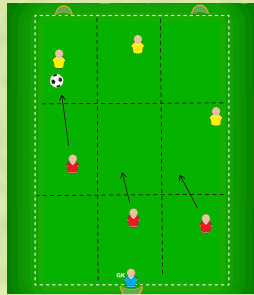



	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>12x24 yard grid (set-up two if needed) - with lines marking eights yards and sixteen yards (see diagram). Assign one player to each of those lines and tell those players they must stay on that line but they can move laterally. The rest of your players line up and will takes turns to try and dribble past all three defenders.</p> <p>Make it easier - allow the defender to move anywhere within their box Make it harder - allow 2 attackers to go down together</p>	<p><b>FIRST COACHING POINT - BODY POSITION</b> As with all defending topics, we start with the defenders starting position and stance. They can only move laterally but they should try to avoid being right in the middle of their line. They should cut-off one side by moving in that direction. This limits the dribbler to only one side.</p> <p><b>SECOND COACHING POINT - 2ND DEFENDER</b> The second defender should position themself based on what the first defender does - we do not want them stood all the way to the left if the first defender is cutting off the left-side</p>	
TECHNICAL	<p>24x24 yard grid divided in to 8x8 boxes - add a goal fo the attackers and two small goals for the defenders. 3 attackers vs 3 defenders + GK. The attackers can go wherever they like, their objective is to score. We will work with the defenders on their shape. Only one defender is allowed in any square at any one time - as one defender steps to the ball - work with the others on their position - they should be behind ready to step over should the first defender get beat. As the ball switches sides, the pressuring defender should withdraw and the new closest defender steps in. If a defender is beaten they should withdraw and find a new square to back-up their teammates. With the way this game is set up it should make it easier for them to take supporting positions - to begin with you can start this game with the ball being thrown while they get the hang of it. The defenders objective to to reclaim the ball and score in one of the small goals.</p> <p>Make it easier - start with only two attackers Make it harder - add a fourth attacker</p>	<p><b>FIRST COACHING POINT - COMMUNICATION</b> Ask your GK to organize and communicate the defensive shift. Emphasize that composure it essential and we do not want a defender to charge in too fast and leave us short-handed</p> <p><b>SECOND COACHING POINT - RECOVERY</b> Players have a tendency to chase the attacker once they are beaten - this game should give you an opportunity to have them avoid that and recover to a position to fill in for a teammate who has been dragged out of position: taking their zone</p>	
TACTICAL	<p>Half field - start with 5 attackers vs 6 defenders plus a GK - add in small target goals for the defense to try and hit. This will be a half-field scrimmage where the ball will always start from the half-line and go to the attacking team - try to serve it in to different areas to engage all defenders. The defenders need to get as many reps as they can - closing the ball down and working zonally to protect their goal. The numbers we're using should simulate what might actually happen in a real game - if the defense do well you can add in an extra attacker or two to really test them. The defenders objective is to regain the ball and score in one of the small goals.</p> <p>Make it easier - only allow the attacking team to dribble forward - all passes must be back or sideways Make it harder - add in extra attackers</p>	<p><b>FIRST COACHING POINT - SHAPE</b> When the attacking team is inside of your half the defending team needs to be ready to quickly cover each other - all defenders should be looking at the ball but positioned ready to retreat &amp; cover. We want to avoid having all of our defenders in a straight line - defenders 2/3/4 should be back and ready to react to what happens</p>	
GAME	<p>Small-sided game, we suggest 5v5 but try to keep all players engaged. We suggest no goalkeepers and the use of small goals to encourage accuracy. In order to create plenty of coaching moments we suggest setting your formations to have equal attackers and defenders on each team, for example: 2-1-2. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.</p> <p>Make it real -</p> <ol style="list-style-type: none"> <li>1) Assign positions</li> <li>2) Set a formation</li> <li>3) Help players understand their role</li> </ol>	<p><b>COACHING SUMMARY</b> Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a defending player is beaten and nobody is there to cover. Some examples:</p> <ol style="list-style-type: none"> <li>1) Players chasing the ball all the way across the field</li> <li>2) A player not recovering behind their teammates</li> </ol>	