



	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>36x36 yard grid - players are in pairs and stand equidistant from a ball in-between them. On coaches command the players race to the ball. We can't then add-in two small goals behind each player that they defend. Players will likely arrive very close together so it can be helpful to designate one to attack, one to defend.</p> <p>Make it easier - decrease the size of the area Make it harder - increase the size of the area</p>	<p>FIRST COACHING POINT - ANGLE OF APPROACH Emphasize the importance of the defenders line of approach to the ball - a defender should attack the dribblers shoulder with a curved run; rather than running straight at the ball. This will cut off one side for the attacker to go at.</p> <p>SECOND COACHING POINT - SPEED Defenders should try to apply pressure to the dribbler quickly by taking big steps until they are about five feet away; at this point the defenders switches to smaller steps .</p>	
TECHNICAL	<p>36x36 yard grid - divide in to two equal sections. Same set-up as before but we will not go to a 2v1 - you will have the same activity going on in each grid simultaneously. Ensure players are grouped in 4s or 5s to ensure they get a rest between reps as this should be high-intensity.</p> <p>Make it easier - decrease the size of your area Make it harder - defender also has a ball and must hit attacker's ball to stop them</p>	<p>FIRST COACHING POINT - BODY SHAPE Building from activity one, we now explain to our players that once they engage an attacker they should prepare their body as if they are going to be beaten. Once a defender is within five feet of the attacker they should be low, on their toes and ready to react quickly. A defender should also turn their hips and shoulders to face the open side where the attacker is likely to go</p> <p>SECOND COACHING POINT - DELAY OR DIRECT A closing defender can dictate the action of the attacker with their approach to the ball. If the defender opens their body to the second attacker this will make the defender pass (this is delay). If the defender's approach cuts off the supporting attacker this is telling the attacker that they must try to beat defender 1v1. In this scenario a defender should be seeking to use the side-line</p>	
TACTICAL	<p>24x24 yard grid with a six-yard channel at each end (you may need to set-up two grids if you have large numbers) - 3v3 or 4v4 one player from each team is designated to stay in the defensive channel. If the ball enters a team's defensive channel the opposition can send as many players in as they want. The defending team must wait 5 seconds before one more player can enter, another 5 seconds and another one can enter - encourage patient, calm defending. The object is to score a goal after having the ball under control in the other team's channel.</p> <p>Make it easier - allow more players to help defend the channel after fewer seconds Make it harder - add in a neutral all-time attacking player, increase the time delay for supporting defender to enter</p>	<p>FIRST COACHING POINT - SPACIAL AWARENESS The defenders in the main area should be trying to match-up with an opposition player. The defender is the channel is trying to read cues that they may be needed - they should be sliding laterally behind the defender closest to the ball. The third defender in this example should also drop to be in a position that forms a triangle of defense.</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. To start with we instruct players that to score a point they must dribble in to an end-zone to score (this could be the penalty box). This will present lots of 1v1 opportunities where we can freeze the play to make sure the second closest defender is positioned correctly. 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"> 1) Assign positions 2) Set a formation 3) Help players understand their role 	<p>COACHING SUMMARY 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 defender is easily beaten or when a defender does a good job with their approach and position. These can be positive or negative pieces of play. Some examples:</p> <ol style="list-style-type: none"> 1) A dribbling player beats a defender due to a poor approach or body shape 2) Two defenders pressure the same ball 3) A defender runs at the ball and fails to prepare to fall backwards 	