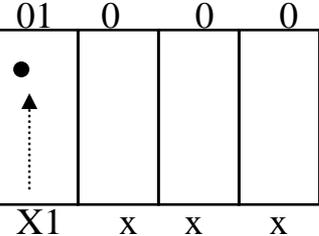
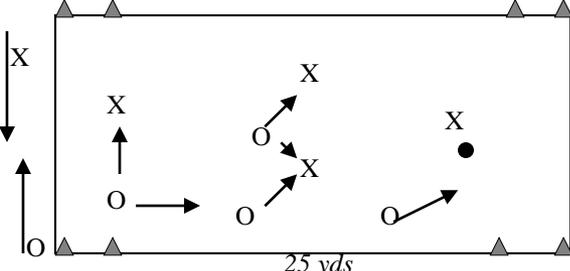
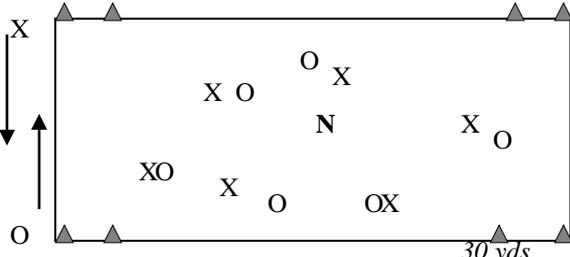


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass / shot

<p>Functional warm up <b>10 minutes</b></p> <p>*Players play mirror movements (no ball)</p> <p>*Place the same amount of soccer balls to players out on a field making sure they are not too close to each other</p> <p>* <b>STRETCH</b> when players are warm</p>	<p>Organization</p> <div data-bbox="691 207 1174 396" style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p>Partners for warm up</p> <p>10 players 10 soccer balls</p> </div>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> <li>- Balance &amp; coordination / speed and reaction</li> <li>- Approach to ball/player</li> <li>- Defensive posture/stance</li> <li>-knees bent / low center of gravity</li> <li>-Ready to react to ball</li> </ul>
<p>Build Grids side by side <b>10 minutes</b></p> <p>-1 v 1 Defending 2 points for denying player with the ball to get to goal line</p> <p>-Academy - 5 yds wide x 8 long</p> <p>-U11-U14 – 8 yds wide x 10 long</p> <p>-U15 and older – 10x15</p>	<p>Defensive confrontation</p> <p>Point B →</p>  <p>Starting point A →</p>	<p>-1v1 Defending</p> <p>-X1 play a ball into 01, X1 closes down 01 from point A to point B as quickly as possible,</p> <p>- X1 must maintain control and balance leading into the tackle</p> <p>-Ability to win ball</p> <p>-Deny penetration</p> <p>-Desire to continue fighting for the ball</p>
<p>4 v 4 playing to gates <b>15 minutes</b></p> <p>-Game has direction</p> <p>-Encourage 1v1 Man markers for short periods of time</p> <p>- do not allow young players to slide tackle, teach safety first</p>	 <p style="text-align: right;">20 yds</p> <p style="text-align: center;">25 yds</p>	<ul style="list-style-type: none"> <li>- close down player with ball as quickly as possible</li> <li>-force player into a direction that gives you the advantage either away from goal or towards support</li> <li>-correct pressure, do not over run player with ball</li> <li>-correct type of tackle, toe-poke, block, or slide tackle</li> <li>-timing of tackle, (distance/lead foot/recovery)</li> <li>- What is the 2<sup>nd</sup> Tackle</li> </ul>
<p>6 v 6 game to goals <b>25 minutes</b></p> <p>-add neutral players as a defender only to allow topic success</p> <p>-Encourage 1v1 Man markers for short periods of time</p>	 <p style="text-align: right;">25 yds</p> <p style="text-align: center;">30 yds</p>	<ul style="list-style-type: none"> <li>- correct stance defender should come in and close down player with the ball as quickly as possible without giving up a defensive position with the intension of looking to tackle</li> <li>-players should be low while keeping balance</li> <li>-1<sup>st</sup> defender must take responsibility in their role</li> <li>-Individual awareness</li> </ul>
<p>25 minutes due to restricted time! Extend your session</p>	<p>Modify grid appropriate to age, above is for Academy</p>	<p>Bring all coaching points together</p>