

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>3 v 3</p> <p>* STRETCH</p>	<p>Organization</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - (O1) pressure - (O2) support / cover - (O3) balance - communication
<p>Match Related Activity 15 min.</p> <p>3 v 3 defending to end lines</p>	<p>END LINE</p>	<ul style="list-style-type: none"> - be aware of (X) team movement off the ball - look for numbers up situation
<p>Match Related Activity 20 min.</p> <p>3 v 3 + keeper</p> <p>- if (O) team wins possession they can attack gates</p>		<ul style="list-style-type: none"> - correct support from both (O2) and (O3) - communication must be loud, clear, and positive
<p>Match Condition Game 40 min.</p> <p>3 v 3 + Keeper</p> <p>- short field to allow repetition</p>		<ul style="list-style-type: none"> - (O2) must cover (O1), (O2) is goal side marking (X2). If (X1) passes to (X3), (O3) will become pressure, (O2) will become cover and (O3) balance.
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	