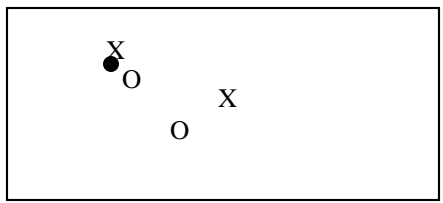
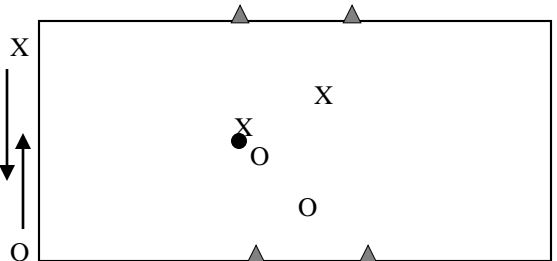
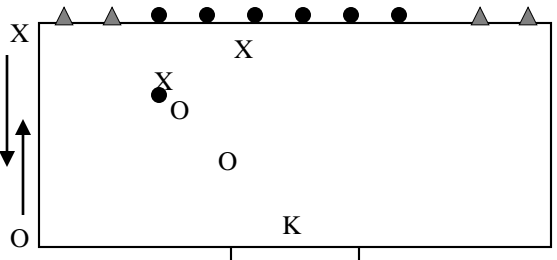
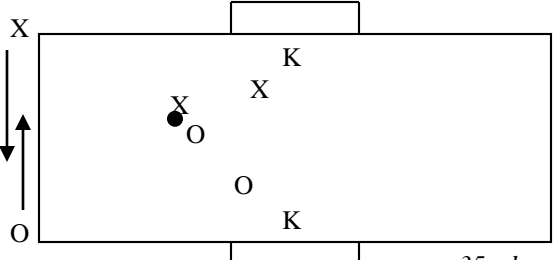


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass

<p>Fundamental - Warm Up 15 min. 2 v 2 groups</p> <p>* STRETCH</p>	<p>Organization</p>  <p>15 yds</p> <p>25 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - pressure / cover support - proper space between defenders 1 and 2 - communication
<p>Match Related Activity 15 min. Teams must dribble through goals</p>	 <p>15 yds</p> <p>25 yds</p>	<ul style="list-style-type: none"> - correct side of support - isolate forward - defend with your back to the goal
<p>Match Related Activity 20 min. 2 v 2 + Keeper</p> <ul style="list-style-type: none"> - set number of soccer balls - count number of breakdowns 	 <p>25 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> - deny penetration - deny shots on goal - push player with ball away from goal - regain possession
<p>Match Condition Game 40 min. 2 v 2 + Keepers</p> <ul style="list-style-type: none"> - Short field to allow repetition 	 <p>25 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> - look for a comfort level from both players - players know when to switch if needed - communication must be clear, positive, and loud
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	