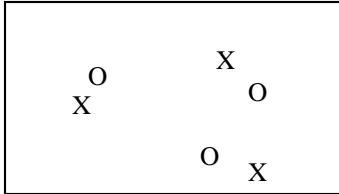
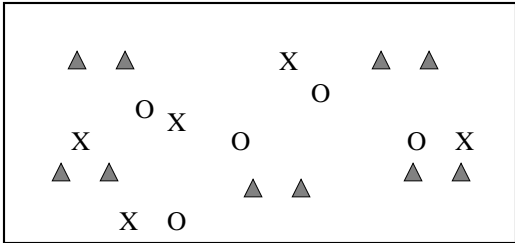
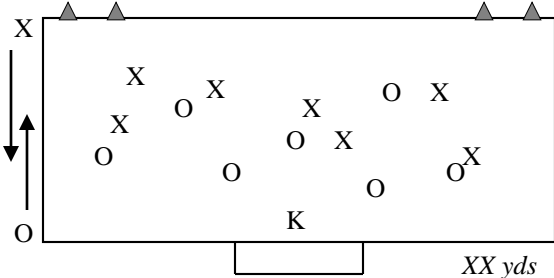


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>3 v 3 defenders - O team</p> <p>1) game of keep away</p> <p>2) limit (X) team touches on the ball</p> <p>* STRETCH</p>	<p>Organization</p>  <p>20 yds</p> <p>25 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - immediate pressure - speed of pressure - commit to the tackle - 1st defender role
<p>Match Related Activity 15 min.</p> <p>5 v 5 with random gates</p> <ul style="list-style-type: none"> - 1v 1 marking - no direction 	 <p>30 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> - angle of approach - side on stance - timing of tackle - correct tackling technique
<p>Match Related Activity 20 min.</p> <p>7 v 7 full size goal with counter goals for the defending team</p> <ul style="list-style-type: none"> - ball starts with the attacking team (X) 	 <p>XX yds</p> <p>XX yds</p>	<ul style="list-style-type: none"> - team formation - force ball away from goal - force ball into another defender - communication to team
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - instant pressure any where in the field
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	