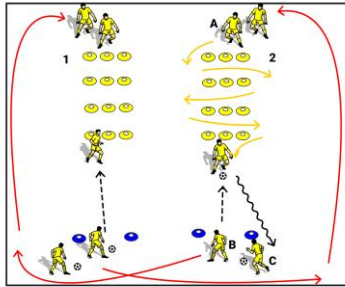


OBJECTIVES- Transition- Attack to Defending



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Speed and Agility with Ball **Grid Size:** **Duration:** 15 Mins

Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agility steps as they go in an out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player. The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

COACHING POINTS / KEY CONCEPTS

It's not a race! Go slow and do the movements correctly
Knees bent and feet always shoulder width apart, run on balls of feet
Make good passes. Toe up ankle locked, follow thru to target



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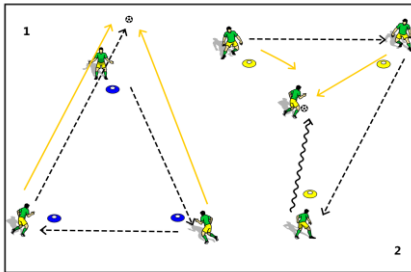
TECHNICAL WARM-UP **Grid Size:** 20x30 **Duration:** 10 Mins

Pasing and Receiving

2 players 10-15 yards apart
Simple passing- 2 touch only inside of feet
3 touch- inside outside inside pass
3 touch- inside settle, scissor left/right outside touch then inside pass
4touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target
Go slow perform the moves correctly



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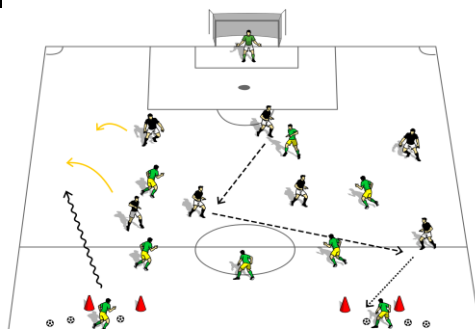
ACTIVITY 1 **Grid Size:** 15 yds apart **Duration:** 15 Mins

Groups of 3 passing in a triangle

1- One of the players lets the ball go thru his legs the other 2 players must sprint to the ball. The 1st is the attacker and the 2nd is the defender, they try to play it back to the 3rd player.
2-players pass the ball in a triangle til one player decides to take off and dribble thru the other 2 players, the two defenders say "I have ball" and "I have cover"

COACHING POINTS / KEY CONCEPTS

Recognition of offense to defense. Body shape while defending- surfer style', communication, on your toes & move your feet



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ACTIVITY 2 **Grid Size:** 50x70 **Duration:** 15 Mins

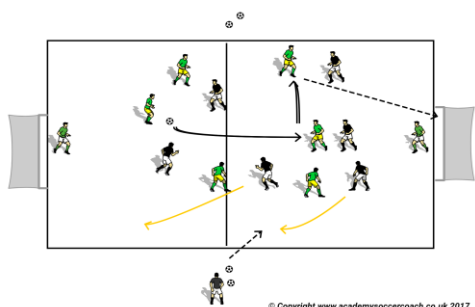
Transition from counter goals

Def team starts with the ball & attacks two counter goals. When a goal is scored or the ball goes out in the offensive half the players on the opposite side then dribbles out to start the attack to the big goal. Defenders should angle run to deny penetration until teammates all get behind the ball

COACHING POINTS / KEY CONCEPTS

Deny direct penetration, **Delay** the play to get numbers back behind the ball, lock the play on one side with body shape and angles of support. then **destroy** the attack.

The three Ds of Defense - Deny, Delay & Destroy



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ACTIVITY 3 **Grid Size:** 50x70 **Duration:** 15 Mins

6v6/7v7 game

When the ball goes over the end line, the ball starts with defending team at the midfield line. The coach designates which side, Usually the opposite side from where the attack just was. Players should always be aware of the moment of transition.

COACHING POINTS / KEY CONCEPTS

Help players and team to recognize when to transition back into the defensive half and deny the opponents the opportunity to penetrate