

ACTIVITY #1

Set up: 1 V 1 to Goal

Set up a cone 18 yards from goal. A group of defenders (position A) stand next to one of the posts with a group of balls. The attackers stand in line just on the side of the D on top of the penalty box. The goalkeeper or coach is in goal.

Instructions: The first defender in line passes it to the first attacker in line at the top of the penalty area. As the ball travels, the defender closes down the space and the attacker goes and meets the ball. The defender prevents a shot on goal.

PROGRESSION - The defender can chip or drive the ball to the attacker.

Coaching Points: The defender must force the attacker to one side.

The goalkeeper must direct the defender.

Smaller groups defender plays pass but does not defend. Attacker can move past a stationary cone towards goal. Defender joins attacking line after pass

The attacker must get a shot off quickly.

ACTIVITY #2

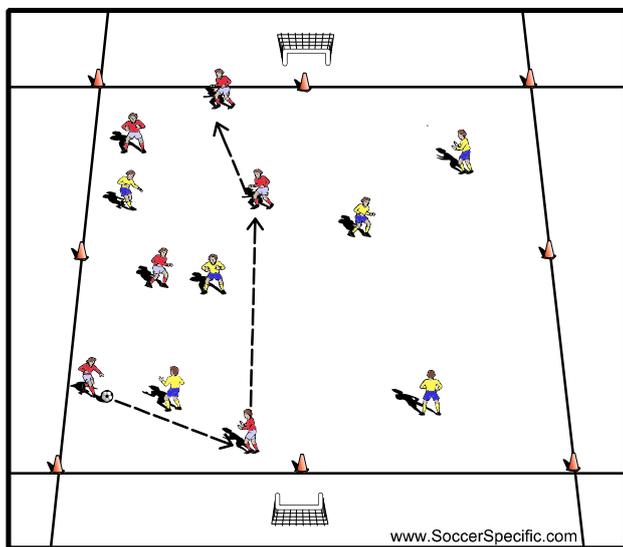
Set up: Possession 2 Zones

set up grid approx 30 x 30 divided in half.

Younger players can use pugs as a SSG instead of 2 zones

Instructions: Players are divided into 2 teams. Possession in one half with one team having a numerical advantage. If defending team gains possession they play the ball to teammates in opposite grid and follow their pass. Team that lost possession send a couple players to become defenders in the opposite grid

Coaching Points: Encourage spacing and moving ball away from pressure to where you have a numerical advantage. Once defending team gains possession promote quick transition to offense



ACTIVITY #3

Set up: half field width of 18 yard box

Instructions: 2 teams play 3 V 2, defending with 2.

Defending team gains possession; 1 teammate from defending team joins the attack while the other team sends in 2 new defenders

Shot on goal and saved or missed; same as above.

Attacking team scores; 3 attackers stay on get ball out of net to attack other end. Defending team send in 2 new defenders

Coaching Points:

