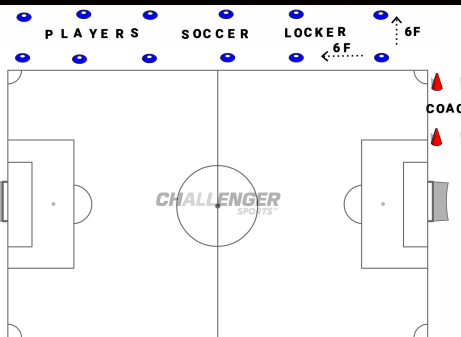


Topic: Defending

Objective: Transition to attack when ball is won

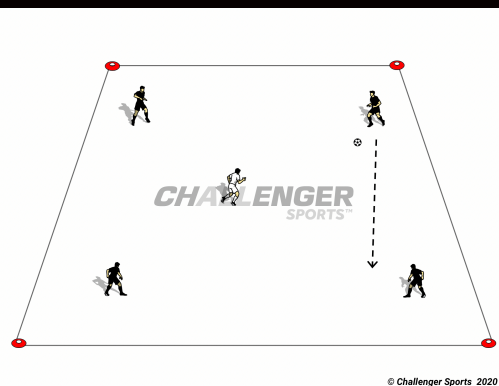
Field Set UP 1 Organization: 14-18 Players Coaching Points Progressions



Coach is to arrive 10 minutes prior to session start time and set up the players soccer locker. Each player will go to 1 cone and that will be there designated cone for the entire session.
 Each cone should be 6ft away, this is the only places where the players can take a break, remove masks and have a water break.
 The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.
 Each practice should have this set up!

N/A
 N/A

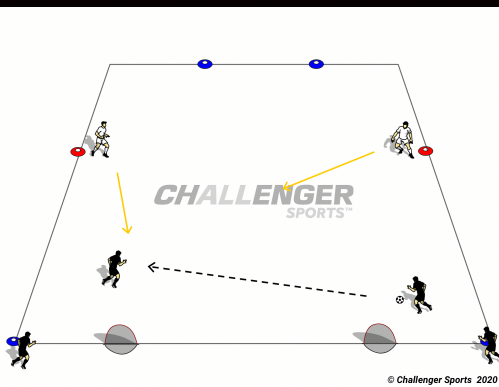
Dynamic Warm Up 2 Organization: 14-18 Players Coaching Points 10 Minutes



Area 15x15
 Rondo. 4 attackers vs 1 defender
 If defender wins the ball or there is a pass misplaced they switch out with that attacker

Movement within the area
 Head up before making the pass
 Communication
 Progression: Two touch

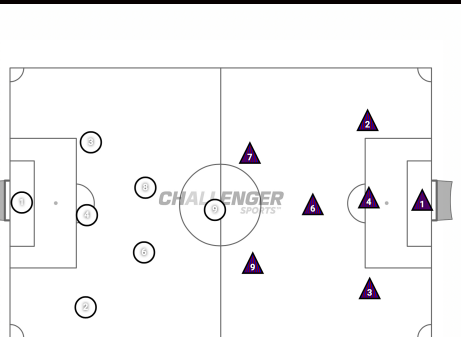
Technical Activity 3 Organization: 14-18 Players Coaching Points 20 minutes



Area 20x15
 Dark shirts starts with ball they can either dribble or pass to teammate to begin. As soon as that happens the game is live and the two white defenders can come in and defend
 2v2 to goal. Dark shirts have to dribble through the gate, if white gains possession they can score in either of the two goals.

Defenders react fast
 Nearest defender must pressure, second defender covers
 Change roles if ball is passed
 Decision making and communication is vital
 If ball is won then we transition to attack

Scrimmage 4 Organization: 14-18 Players Coaching Points 30 minutes



Set teams up
 Follow new MYS guidance/rules

Can you encourage positivity?
 Can you let players make their own decisions?
 Set targets
 N/A