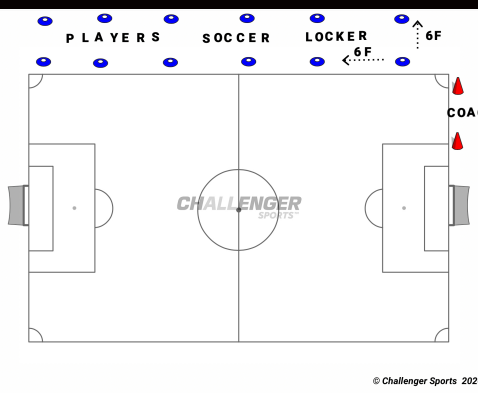
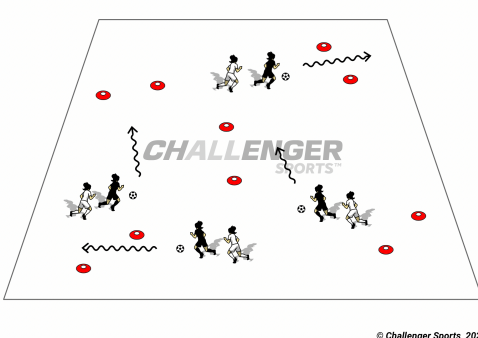
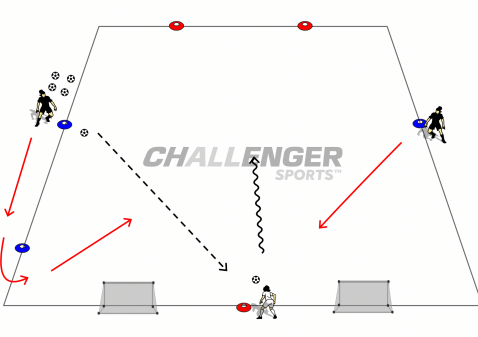
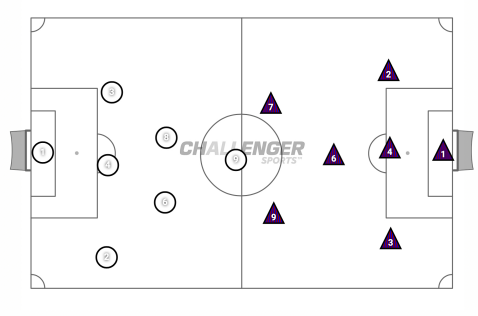


Topic: Defending

Objective: Recover with transition to attack

Field Set Up 1	Organization: 14 Player Max	Coaching Points	Progressions
 <p>© Challenger Sports 2020</p>	<p>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.</p> <p>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.</p> <p>The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.</p> <p>Each practice should have this set up!</p>	<p>N/A</p> <p>N/A</p>	
Dynamic Warm up 2	Organization: 14 Player Max	Coaching Points	10 Minutes
 <p>© Challenger Sports 2020</p>	<p>30x20</p> <p>1 ball for every two players</p> <p>Gates placed inside the area 1 metre apart</p> <p>1 attacker 1 defender</p> <p>Attacker must dribble through cones to score points</p> <p>If defender wins the ball, they will switch roles</p>	<p>Soft touches when in small spaces. Larger touches when players see space to run into</p> <p>Head up, scanning the area</p> <p>Change of direction</p> <p>Change of pace</p> <p>REMEMBER TO ENCOURAGE CLEAN TACKLES, NO SHOULDER TO SHOULDER CONTACT, LIMIT INTENTIONAL CONTACT</p>	
Technical Practice 3	Organization: 14 Player Max	Coaching Points	20 Minutes
 <p>© Challenger Sports 2020</p>	<p>Area 16x12</p> <p>Defender on blue cone passes the ball to attacker on the red cone.</p> <p>As soon as the pass is played the second defender on the blue cone can come in and pressure to defend</p> <p>The defender who played the first pass will run around the blue cone in front of them and come into play as a covering defender</p> <p>Attacker has to dribble through the gate at the opposite end once they receive a pass</p> <p>If defender wins the ball it becomes a 2v1 and they can score in either goal</p>	<p>Close down quickly</p> <p>Poor first touch from attacker, defender should win the ball</p> <p>Good first touch from attacker, defender should delay</p> <p>Body shape and stance, low and side/diagonal on</p> <p>Jockey/delay be patient as you have support from the second defender</p> <p>Second defender to recover quickly with speed around the cone</p> <p>If ball is won back it is then a transition to attack (2v1)</p>	
Scrimmage 4	Ball Mastery 14 Player Max	Coaching Points	30 Minutes
 <p>© Challenger Sports 2020</p>	<p>Set teams up</p> <p>Follow new MYS guidance/rules</p>	<p>Can you encourage positivity?</p> <p>Can you let players make their own decisions?</p> <p>Set targets</p> <p>N/A</p>	