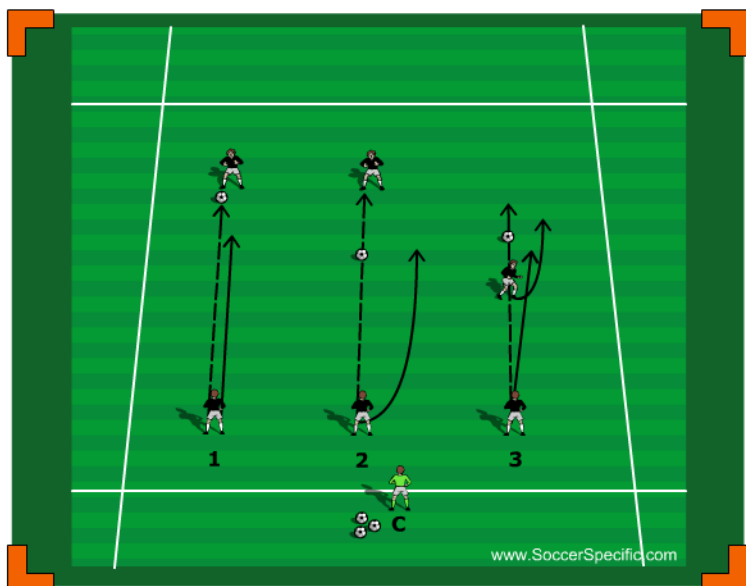


### ACTIVITY #1

**Set up:** Technical Warm-Up

**Instructions:** Phase I: Dynamic movements without the ball, change of direction, change of speed. Phase II (as shown): In pairs passing and moving...on coaches signal the player with the ball receives and holds the ball, and then: 1. player closes down and pressures the ball directly 2. player closes down and pressures the ball with a bending run 3. player closes down and pressures the player and ball not letting them turn.

**Coaching Points:** Pressure responsibilities; proper body position and shape; speed and angle of approach; quick reactions and anticipation to close down space; delay and channel; patience, don't over-commit.



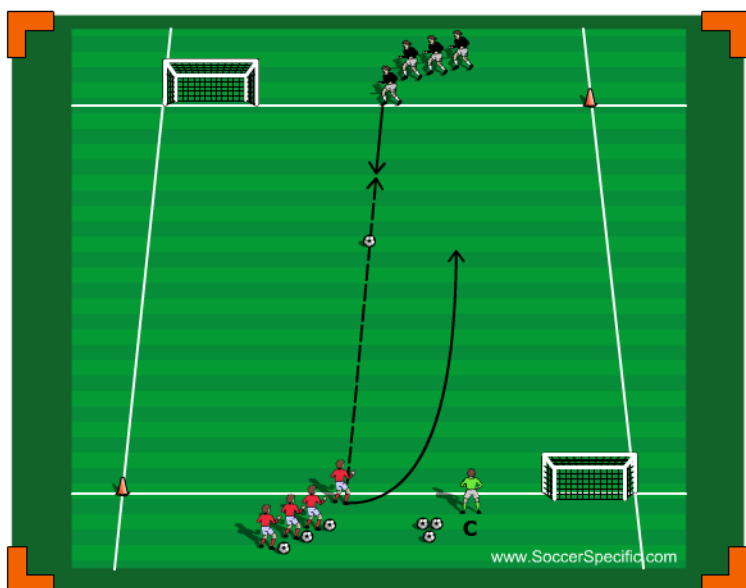
### ACTIVITY #2

**Set up:** Small-Sided Activity

15 (width) x 20 (length) area with two small goals - adjust dimensions and/or add a 2nd area if necessary. Directional activity.

**Instructions:** Begin 1 v 1, progress to 1 v 2, and then 2 v 2. Play begins with a pass to the opponent at the opposite end of the area. The attacking team attempts to score by passing into the goal or dribbling across the end-line. The defending team attempts to win the ball, once possession is gained, the defending team counter-attacks and is awarded 2 points to pass into the goal within two-touches, and 1 point to dribble across the end-line. Rotate teams based on points or time.

**Coaching Points:** Pressure and cover responsibilities; timing and decision to tackle; angle and distance of cover; deny penetration, intercepting pass; tracking and recovery runs; changing roles pressure and cover, visual and verbal communication; control and restraint.



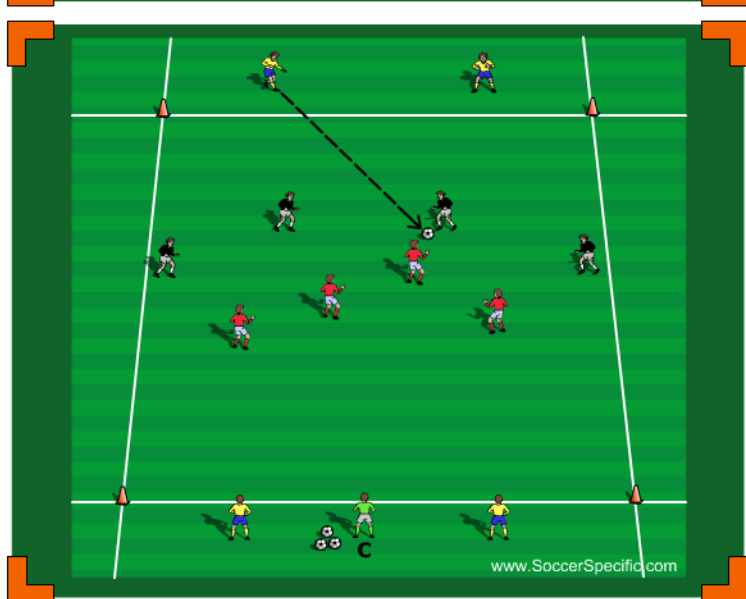
### ACTIVITY #3

**Set up:** Expanded Small-Sided Activity

40 (width) x 30 (length) area. 3 teams of 4. Directional activity.

**Instructions:** 4 v 4 in the middle, with 2 players from the 3rd team at opposite ends of the area (as shown). The attacking team attempts to maintain possession and pass to the target players at the opposite end of the area. If successful, the ball is played back to the other target players and direction play resumes again. The defending team is trying to force negative passes, long square balls, or deny penetrating dribbling and/or passing to the outside target players. When the defending team wins the ball, they look to counter-attack, and the attacking team transitions to defend. Rotate teams after time.

**Coaching Points:** Pressure, cover and balance responsibilities; Intercepting passes; defend vital spaces - squeeze space centrally (compactness); tracking players; defending shape and balance; counter attack.



**ACTIVITY #4**

**Set up:** Match  
1:2:1:2 v 1:2:2:1 (as shown).

**Instructions:** 6 v 6 final game, no restrictions, free play.  
Cool down.

**Coaching Points:** All of the above; reduce heart rate; static stretching; review session; upcoming reminders.

