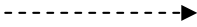



Olympic Development Program - District Select

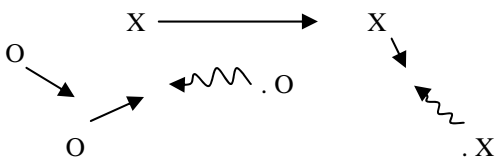
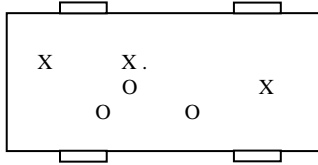
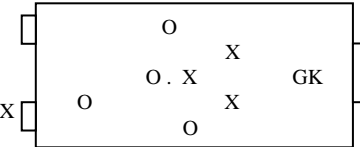
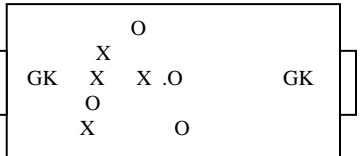
Key:

Running without the ball 

Running with the ball 

Pass 

Topic: Small Group Defending

<u>Technical Warmup</u>	<u>Organization</u>	<u>Coaching Points</u>
	<ul style="list-style-type: none"> Free space, Groups of 3 w/ 1 ball Pass and move within group On coach's call, play 1v2 Dribbler tries to split 2 defenders, not just shield or run away After 1v2 confrontation return to passing 	<ul style="list-style-type: none"> Communication (pressure/cover) Speed and angle of approach Defensive stance/balance Angle and distance cover
<p><u>Small Sided Activity</u></p> 	<ul style="list-style-type: none"> 25 yds x 30 yds 3v3 four-goal game (score in 2, defend 2) 	<ul style="list-style-type: none"> Communication ("Ball," "Push L/R") Speed and angle of pressure Angle and distance of cover Balance to account for weakside goal Make play predictable
<p><u>Expanded Small Sided Activity</u></p> 	<ul style="list-style-type: none"> 40x30 4v3+GK to big goal w/ counter target/goals 2 small counter goals which target must receive ball through for point 	<ul style="list-style-type: none"> Communication ("Step, Drop, Slide, Squeeze") How/When/Where to pressure Angle and distance of cover Recognize cues to win ball – e.g. poor touch, weak pass, ball in air, # advantage Look to counter quickly
<p><u>Game</u></p> 	<ul style="list-style-type: none"> 45 yds x 30 yds 5v5 to big goals No restrictions 	<ul style="list-style-type: none"> Communication, starting with GK Staying connected – def. team shape Patience/pressing considerations Transition, incl. dead ball restarts