

ACTIVITY #1

Set up: Set up as shown. The ball is played across the field to opponent. The passer then follows the ball to defend. The player who receives the ball must enter into the square before trying to unbalance the defender and going to goal. A goal is scored by shooting at and knocking over one of the target balls.

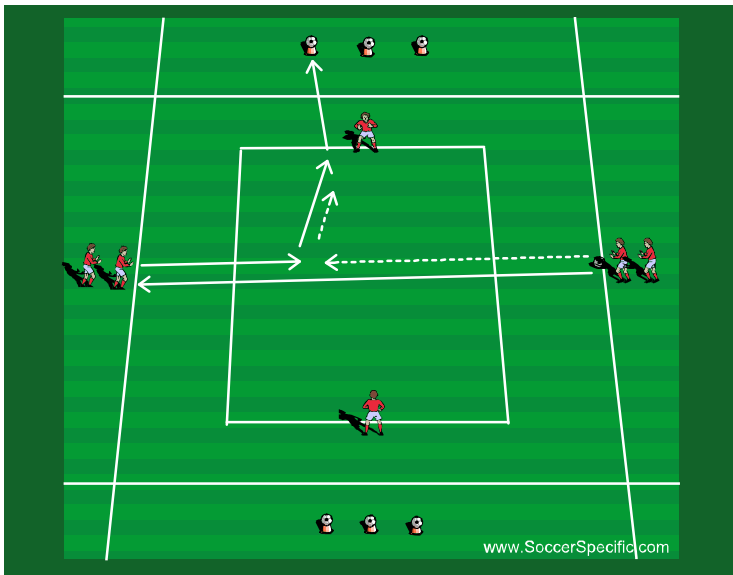
Instructions: Player on the ball to unbalance defender to gain space

Coaching Points: Shift defender off "pressing" line

Ball out of feet

Recognition of defensive recovery and visual body clues of opponent

Exploit the pace at which the game is being played



ACTIVITY #2

Set up: Set up as shown. The ball is played across the field to opponent. The passer then follows the ball to defend. The player who receives the ball must enter into the square before trying to unbalance the defender and going to goal. Defenders are added in front of the target zone. The line defender may only defend on the line play on the line. Should the line defender win the ball that player becomes the attacker. The player the ball was taken from becomes the line defender. A goal is scored by shooting at and knocking over one of the target balls. If the defender wins the ball then that player may attempt to score.

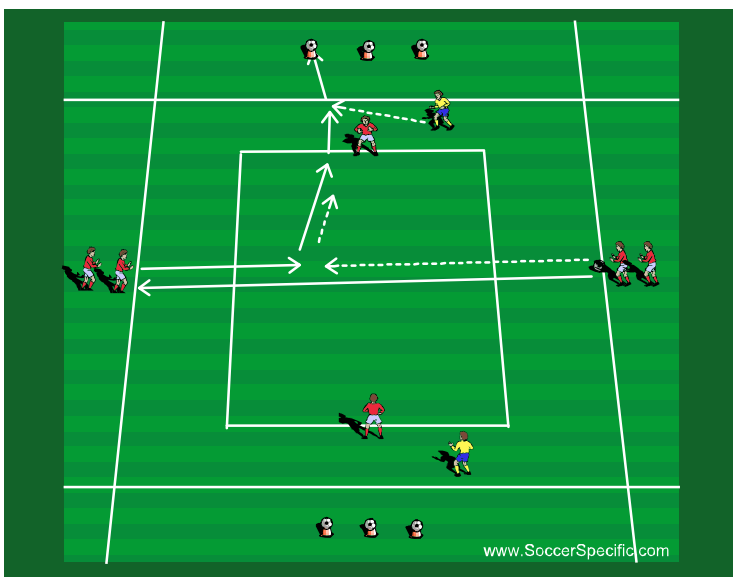
Instructions: Player on the ball to unbalance defender to gain space

Coaching Points: Shift defender off "pressing" line

Ball out of feet

Recognition of defensive recovery and visual body clues of opponent

Exploit the pace at which the game is being played



ACTIVITY #3

Set up: Set up as shown. The ball is played across the field to opponent. The passer then follows the ball to defend. The player who receives the ball must enter into the square before trying to unbalance the defender and going to goal. Defenders are added in front of the target zone. The line defender may only defend on the line play on the line. Additional attacking players are added to the mix as target/striker support. The attacking player with the ball may use the striker to combine with to score. Should the line defender win the ball that player becomes the attacker. The player the ball was taken from becomes the line defender. A goal is scored by shooting at and knocking over one of the target balls. If the defender wins the ball then that player may attempt to score.

Instructions: Player on the ball to unbalance defender to gain space

Support runs of striker

Attitude of all players

Coaching Points: Shift defender off "pressing" line

Ball out of feet

Recognition of defensive recovery and visual body clues of opponent

Exploit the pace at which the game is being played

ACTIVITY #4

Set up: 6 v 6 Set up as shown.
Players in wide positions play 1 v 1. If a wide player leaves the wide zone he must be replaced by a team mate. Goalkeepers must throw the ball into play.

Instructions: Attitude of all players to attack opponents goal directly.

Man on ball, support and balance of team mates

Coaching Points: Head up - Observation

Attitude

Decision

Execution

Support

Compactness

