### Fundamental - Warm Up (20 min)

**Organization**
- 5 minute demo. Have players pair up. Pass ball back and forth to warm up. Make sure they move around the space. Stretch as they warm up.
- 15 minutes. Keep players in pairs. Divide full group into 2. Split pairs, one at each end of the space. Only one group from each end goes at a time. One player dribbles from one end toward the defensive player. Defensive player runs up to play “D”. Offense covers as the other plays defense. Players switch ends when done.

**Key Coaching Points**
- Offense - ball control
- Offense - Guard/cover ball as you get closer to defender
- Defense - steady, controlled approach
- Defense - proper defensive technique: feet apart, low stance (NOT UPRIGHT), slight angle, use forearm when close

### Match Related Activity (20 min)

**Organization**
- 5 minute demo. Break players into groups of 3. Set up a couple stations (ex. 3 sets of 3 go at a time).
- 15 minutes. Evolve the above marking up fundamental into a 2 v 1 situation. (A) starts with ball. (B) is the defender. (C) is teammate of (A). (C) starts slightly behind (B).
- 1. (A) dribbles toward defender. 2. (C) sees the play happening and “fronts” the defender. 3. (A) pass to (C). 4. (A) make bending run to receive the ball back. 5. (C) give and go back to (A).

**Key Coaching Points**
- Footwork is #1 for this drill
- Timing is #2 for this drill
- Movement in front of the defender should be sneaky and very quick

### Match Condition Activity (40 min)

**Organization**
- 2 minutes. Make teams of 4 (include gk’s in goal). Start teams at each end off to the side - even groups if possible.
- 38 minutes. Teams play very tough defense and work to steal the ball away.
- Look to give and go with fronting the defender.
- Team that scores stays on the field, team that doesn’t switches with waiting team. Mark up! Good passing! Good finishing/shots!

**Key Coaching Points**
- Solid passing backward, guard/cover ball - KEEP POSSESSION
- DO NOT GO THROUGH THE DEFENDER
- Coach - Use “FREEZE” to point out what to correct during the games

### Conditioning (10 min)

**Slalom, sprint, shot**

**Organization**
- Set up 4 tall cones in a slalom, setup 1 flat cone about 15/20 yds from slalom, set goal past 15/20 yd cone. Set up 2 of these courses, next to each other.

**Key Coaching Points**
- In course one, start sitting, get up, side shuffle through slalom, sprint to ball, take shot
- In course two, start standing forwards, back-pedal through slalom, turn, sprint, take a shot

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**Topic:** Fronting a Defender

**Date:**