Fundamental - Warm Up (15 min)

- 5 green pinnies. 5 orange pinnies. 2 blue pinnies.
- Everyone with a ball dribbling in traffic
- Transition: One ball is passed around
- Closest person to ball pressures (1st defender), next closest applies pressure (2nd defender), everyone else preserves team shape
- After pressure is applied the ball is passed to someone else, team must then react and switch roles

Small Group Technique (15 min)

- Team plays 2v2+1 in a 30x25 yard area
- Transition: Team plays 3v3+1 in a 35x30 yard area
- Square is a neutral player who plays for both teams
- Teams try to complete 5 consecutive passes to win (switch players after 2 minutes if no winner)
- If passing “score” is too easy, transition earlier to 3v3+1 or play to more points in one game

Multiple or 2 Goal Activity (15 min)

- Play 4v3 to goal
- Team of four attacks goal
- Transition: Play 5v4 + GK to goal
- After defending team wins the ball they can score by passing to the target player at the other end
- GK can score if he/she has open passing lane down the field to the target player

Goal Game (15 min)

- Play 5v5 + GK’s
- No restrictions, full goals

Key Coaching Points

- Call number to switch direction. Call letter to burst into space. Look for mistouches and poor decisions.
- Person closest to ball applies pressure – 1st defender (explain this position briefly; where to stand)
- Next closest person to ball covers 1st defender – 2nd defender (explain this position briefly, where to stand)
- Everyone else preserves balance and shape by covering remaining space around ball
- Person closest to ball applies pressure – 1st defender (explain this position in more detail; force offense to one side, stand at angle, track ball)
- Next closest person to ball covers 1st defender – 2nd defender (explain this position in more detail; position to see more than one offensive player, hips open ready to pivot and move to where ball is passed to)
- Third person preserves balance and shape by covering remaining space around ball (explain this position briefly)
- Defense is compact and concentrated
- Communication from defenders in behind. Direct traffic up top and provide support and balance
- Communication from GK to organize defense and mold it into the correct shape instructed above.
- Look for players to exhibit control and restraint
- Don’t lunge at the ball, good body position of 1st defender. Force offense to make the mistake
- During transition of ball, defense works quickly to pass to target get player
- Observe to see if the team has good team shape
- Use “FREEZE” or natural stoppage to stop play to point out something to fix or demonstrate.
- Only stop a few times at this phase of the session.