



Screen 1 (20 mins)

8V6 Plus GK in half a field. Emphasis on working together as a unit, with first defender dictating where the possession will go. Coaching points (CP). Immediate pressure, make it predictable, don't over commit. Can the first def make the player play square or back, knowing when to press or drop based the pressure on the ball.



Screen 2 (10 mins)

10x10 grids with mannequins 8 yds. (Approx) apart. Player A plays the ball through the middle of the grid to the player opposite then closes the defender (Mannequin) down. Using proper speed, fast to slow, side on with front foot pointing toward the def. Forearm across the chest, jockeying backward. Looking for an opportunity to poke the ball away with a stab and forearm into the chest. As the def jockeys backward he will spin and drop into the space to defend.



Screen 3 (15 mins)

12x18 grids. 1v1 defending. Grid 1 shows player receiving ball with back to play. 2, Player is faced up receiving ball from opposite end of grid. 3, Player receives from own player at an angle.

CP:

- 1, Pressure at pace preventing player from getting turned with the ball, keep him facing his own goal. Player can drop the ball off to receive again, defender to drop behind the cones to defend space.
- 2, Defending player's approach to be bent slightly, or at an angle. With speed to start slowing on the approach changing the body shape forcing the player with the ball in one direction or the other.
- 3, Player receives the ball at an angle, or to the side of the grid. Pressing player has a fast approach, slowing on approach, while causing the player with the ball to look to protect the ball rather than play forward. If he plays it back the def drops into the space behind the cones until the ball is played again then he repeats the pressure.

Points awarded: Possession team dribbles over the opposing line = 1 point. Def team wins the ball and dribbles over the opposing line = 2 points.

Progression: Add second defender (Grid 4). Emphasize the first def to make the play predictable and easy to read.



Screen 4 (20 mins)

7v7 Plus GK in a F/S goal with 2 counter goals 15 yds over the half way line. Emphasis on the principles worked on so far. Type of pressure on the ball, fast approach with slowing on the approach. If the def is closing down the player as he receives the ball, run through a mental check list:

1, Can I intercept the pass?

2, Can I tackle?

3, Do I need to contain? If I contain the player, can I force him backward or square? Can I get him to think about protecting the ball as to playing a pass?

4, Am I painting the correct picture for the 2nd, 3rd defender? Is the situation predictable for the defending team?

If the defending team win the ball they go to either of the two small goals. Every new ball to be played in from the center of the field behind the small goals and must be played to a player within that half of the field.

