

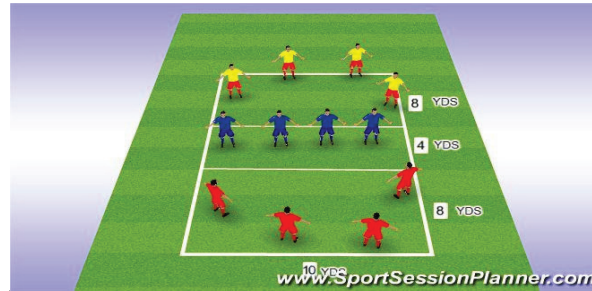


Warm-up (15mins) - Rondos 4v2

Create a square 7 yards apart on each side. Players will possess the ball on the outsides, while defenders are in the middle to win the ball. Players in the middle switch with player that lost possession. Must gain possession in order for defender to switch out.

Coaching Points

- Players in the middle staying compact
- Pressure, Cover

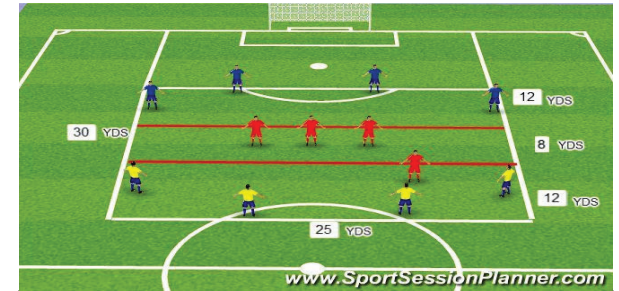


Theme #1 (30 mins) - Back 4 Organization

Team in the middle area are sitting in compact and shifting with the ball. Teams on the outside areas are looking to play a penetrating ball passed the defending teams line. Go for a time limit of 2 minutes each team in middle area. Successful passes made between outside teams are a point against middle team.

Coaching Points

- Shape of defending team
- Shifting with the ball
- Compactness
- Speed of passes



Theme #2 (30 mins) - Back 4 Organization

Team in the middle area sends 1 player to press the ball, while other 3 players are sitting in compact and shifting with the ball. Player that goes to press the ball may alternate, but 1 must be in to press. Teams on the outside areas are looking to play a penetrating ball passed the defending teams line. Go for a time limit of 2 minutes each team in middle area. Successful passes made between outside teams are a point against middle team.

Coaching Points

- Shape of defending team
- Shifting with the ball
- Compactness
- Pressure, Cover, Balance



THEME #4 (15 mins) – Small-Sided Game

Bring goals forward. Play 4v4 - you may need to set up two games.

Allow game to flow however make sure the focus is still on defensive shape. Continue to make correct coaching points.

COACHING POINTS:

- Pressure, Cover, Balance
- Compactness
- Defensive Shape
- Shifting with the ball



THEME #4 ALTERNATE (15 mins) – Scrimmage

If space available - Allow the players to play with no restrictions. You can expand this to one game (7v7;11v11) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

- Pressure, Cover, Balance
- Compactness
- Defensive Shape
- Shifting with the ball