
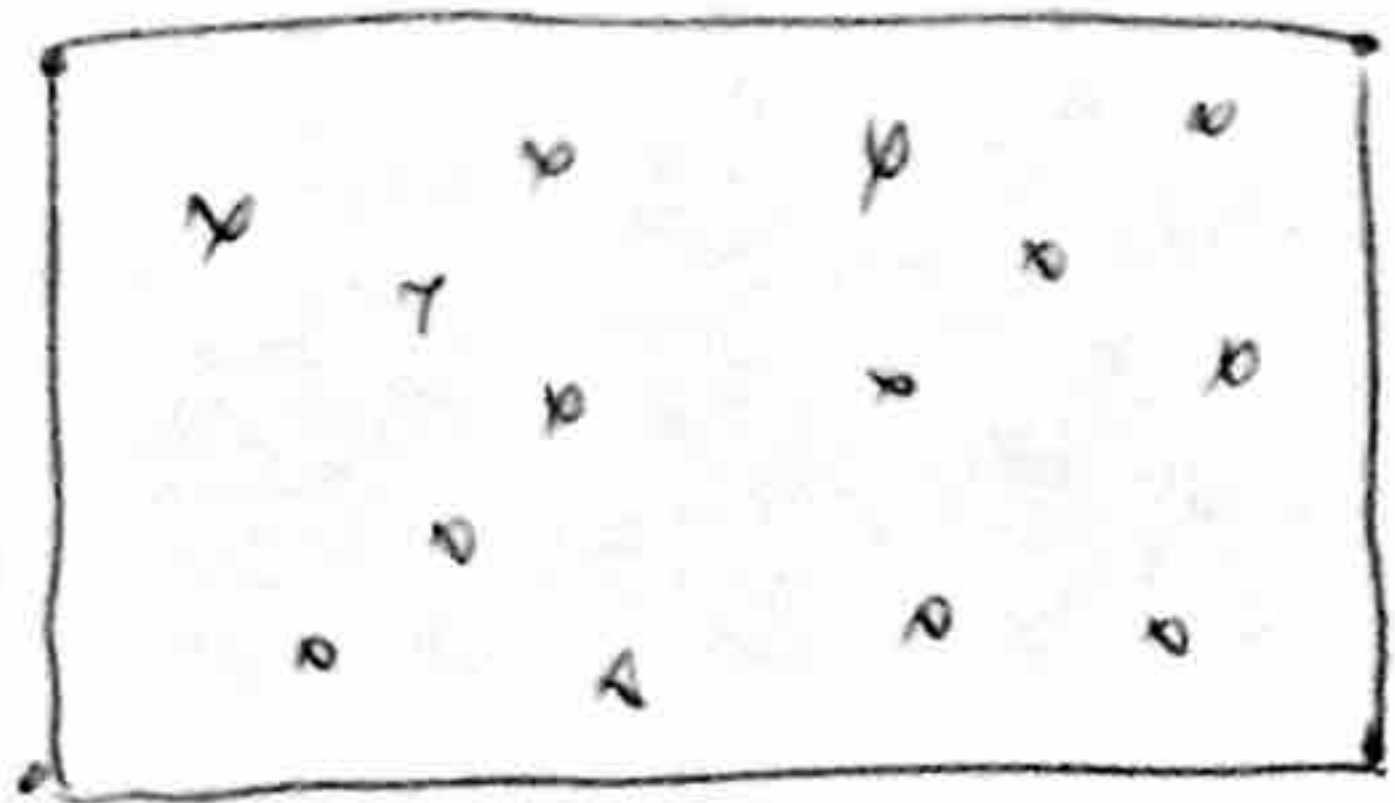
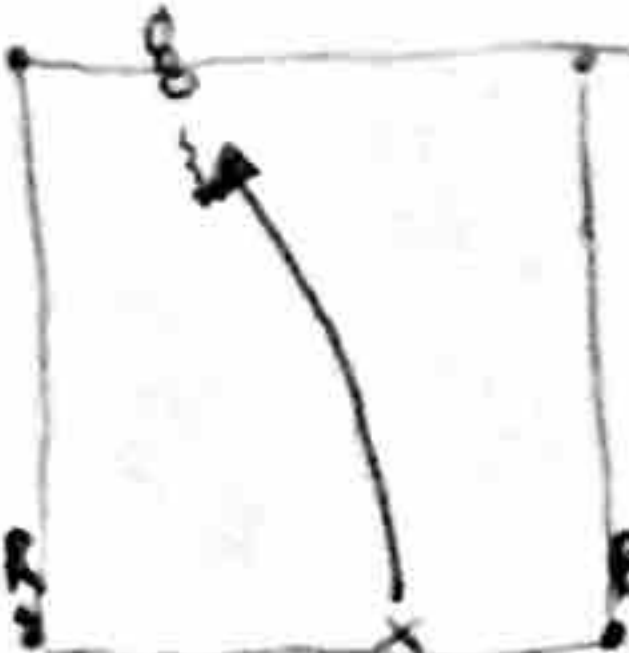

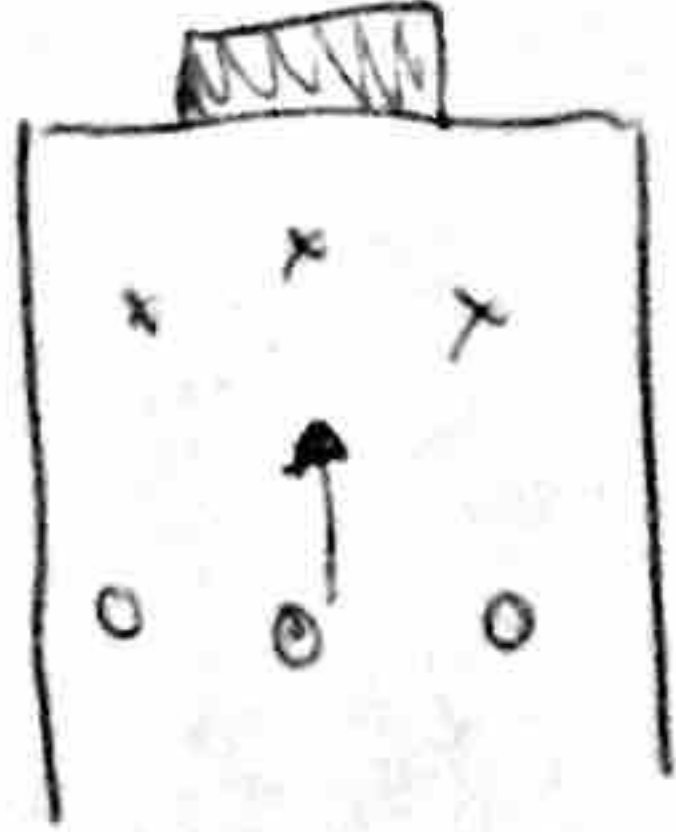


12/09/18

	Defending (1v1, 2v2, 3v3)	Main Coaching Points
Warm Up  10mins		Multi functional warm-up Dynamic Shuffles Drilling Tricks Turns & Skills
Main Session  30mins	<div style="display: flex; flex-direction: column;"> <div style="margin-bottom: 10px;">  <ul style="list-style-type: none"> <li>- Defenders play ball to attackers (o).</li> <li>- Defenders must show attackers to red cone.</li> <li>- <u>PASSIVE</u> at first.</li> </ul> <p>Prog ① - Defenders can tackle.</p> </div> <div style="margin-bottom: 10px;">  <ul style="list-style-type: none"> <li>- Defenders play ball to attackers</li> <li>- Defend 2v2 (both goals)</li> </ul> <p>Prog ②</p> </div> <div> <p>Prog ③ - progress to 3v3</p> <p>* Pressure, cover, balance</p> </div> </div>	<ol style="list-style-type: none"> <li>① Close down fast.</li> <li>② Slow down + <u>Body Position</u></li> <li>③ Jockey.</li> <li>④ Make decision - tackle? - jockey?</li> </ol> <p>* <u>Quick, Slow, Low</u></p> <ol style="list-style-type: none"> <li>① COMMUNICATE</li> <li>② PRESSURE, COVER</li> </ol> <p>* <u>TALK!</u></p>
Small Sided Game  20mins	 <ul style="list-style-type: none"> <li>- 3v3 + GK to goal.</li> <li>- Attackers try to score</li> <li>- Defenders need to keep clean sheet!</li> <li>- Swap after 2mins!</li> </ul>	