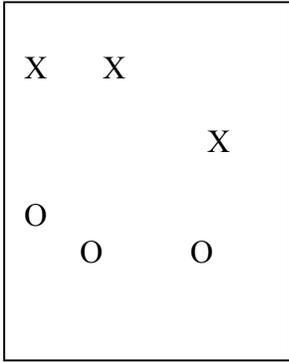
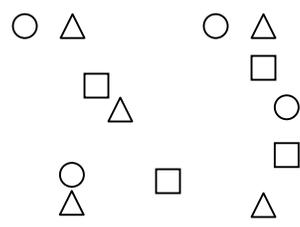


| Activity Name  | Description  | Diagram  | Purpose/Coaching Points   |
|--|--|--|---|
| 1. WARM-UP   |  |  |   |
| Ball between three players – moving and passing  | Ball between three players – moving and passing  |   | <ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> </ul> |
| 2. 4v4 POSSESSION  |  |  |   |
| <p>Players organize themselves into groups of four. Play 4v4 in a 35-x-35 yard area with five cones placed in the area</p> | <ul style="list-style-type: none"> <li>▪ Teams score by passing the ball to knock over a cone</li> <li>▪ The play continues with the coach picking up the cone</li> <li>▪ First team to five goals wins</li> </ul> <p><b>Progressions:</b> Limit touches. Have different colored cones that are worth more points.</p> |  | <ul style="list-style-type: none"> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> </ul>    |
| 3. 4v4 PLAY  |  |  |   |



# Lesson Plan



|   |   |              |   |
|---|---|--------------|---|
| <p>Now the players organize themselves to play 4v4 in a 25-x-35 yard area</p>                       | <ul style="list-style-type: none"> <li>Teams score by dribbling under control across the other teams end line</li> <li>The objective is to pass the ball around until a team has an opportunity to penetrate by dribbling</li> </ul> <p><b>Progressions:</b> Teams can score points by completing a certain number of consecutive passes or by dribbling across the line.</p> |              | <ul style="list-style-type: none"> <li>Possess the ball to look for an opportunity to score</li> <li>Players in good supporting positions</li> <li>Decision making: safety versus risk</li> <li>Communication</li> <li>Good team shape</li> </ul> |
| <p>4. SCRIMMAGE</p>   |   |              |   |
| <p>The players organize themselves into two teams of four, including a goalkeeper on each team.</p> | <ul style="list-style-type: none"> <li>4v4 +GK game</li> <li>No restrictions on players</li> </ul>  |              | <ul style="list-style-type: none"> <li>Observe to see if players are providing good support</li> <li>Observe to see if the team possess the ball well and with a purpose</li> </ul>   |
| <p>5. COOL-DOWN</p>   |   |              |   |
| <p>Juggle in pairs.</p>   | <p>25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.</p>   | <p>X . X</p> | <p>Recap the key points of executing the role of the covering defender.</p>   |