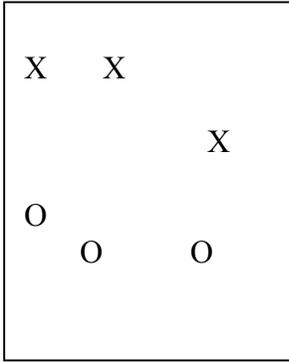
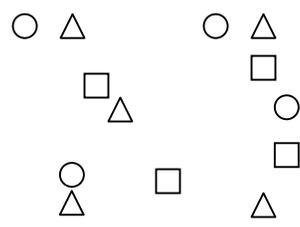


Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Ball between three players – moving and passing	Ball between three players – moving and passing		<ul style="list-style-type: none"> ▪ Players constantly moving ▪ Supporting players at an appropriate distance from 1st attacker
2. 4v4 POSSESSION			
Players organize themselves into groups of four. Play 4v4 in a 35-x-35 yard area with five cones placed in the area	<ul style="list-style-type: none"> ▪ Teams score by passing the ball to knock over a cone ▪ The play continues with the coach picking up the cone ▪ First team to five goals wins <p>Progressions: Limit touches. Have different colored cones that are worth more points.</p>		<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication
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"> Teams score by dribbling under control across the other teams end line The objective is to pass the ball around until a team has an opportunity to penetrate by dribbling <p>Progressions: 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"> Possess the ball to look for an opportunity to score Players in good supporting positions Decision making: safety versus risk Communication Good team shape
<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"> 4v4 +GK game No restrictions on players 		<ul style="list-style-type: none"> Observe to see if players are providing good support Observe to see if the team possess the ball well and with a purpose
<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>