



Arrival Scrimmage (10 mins)

Organization:

3v3 with 1 pug goal or 2 gate goals

NO GKs

play restarts with kick ins

Instruction

3v3 with 3 places to score: pug goal, and 2 gates

2 points for a goal in the gates and 1 pt for the pug goal
after a team scores, they start with the ball.

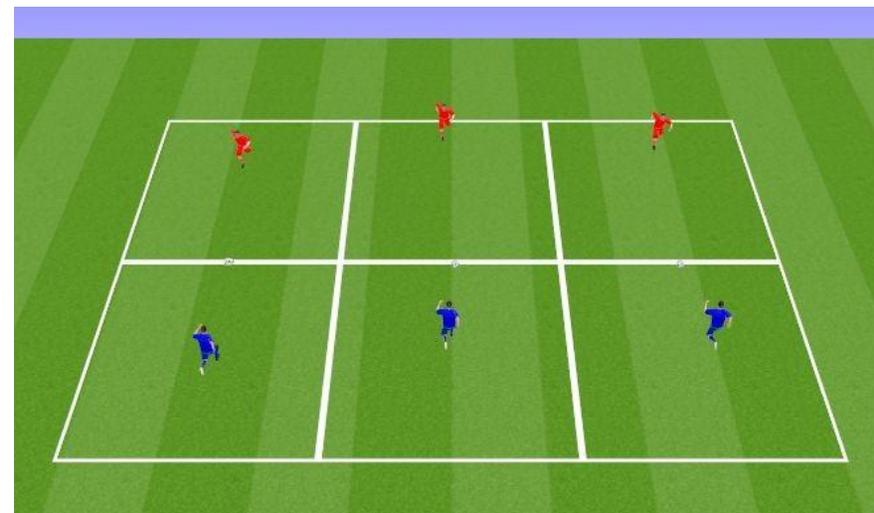
Coaching Points:

offensive-create 1v1 or 2v1 situations

defenders-force wide and clear high hard and wide or look to possess

defender-move with mark and stay goal side

Progressions:



1v1 Tag (15 mins)

Organization:

Players across from each other in a grid

Instructions:

Knee Tag

Players get in defensive position with partner

Must jockey and try to tag their opponents knee for 1-point

Winners move up, losers move down

Coaching Points:

On your toes

Knees bent

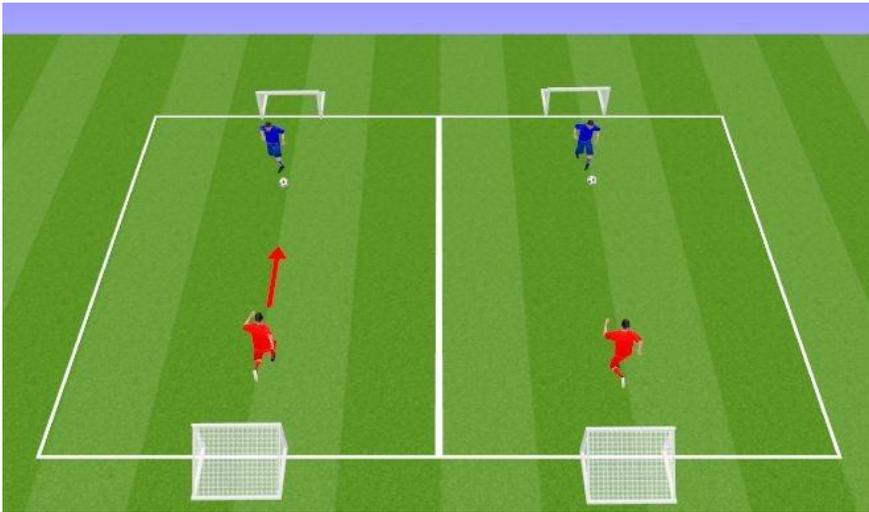
Side on

Stay on your feet

Jockey

When to go for tag

Progressions:



Main Activity (15 mins)

Organization:

- 2 small goals
- 10x15m Grid

Instructions:

- Players play 1v1s

Coaching Points:

- 1st defender role
- Provide fast pressure to the player with the ball
- Do not get too close to the player with the ball and delay
- Good body position (side on)
- Choose moment to win the ball (bad touch)



Main Activity 2 (15 mins)

Organization:

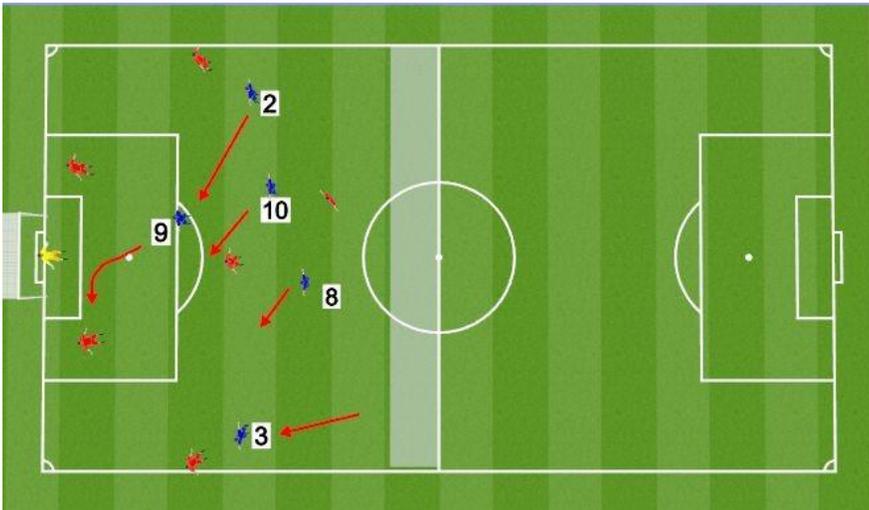
- 1 Large goal and 2 Small
- 20x30 Field

Instructions:

- Players play 2v2s
- If defending team wins the ball they score in small goals

Coaching Points:

- Player closest to the ball is 1st defender
- 1st defender role
- Provide fast pressure to the player with the ball
- Do not get too close to the player with the ball and delay
- Choose moment to win the ball (bad touch)
- 2nd defender role is to support 1st defender
- 2nd defender does not provide pressure unless the attacker gets past the 1st defender



7v5 Game (15 mins)

- Can use end zone, mini goals, or gates to score
- Defenders attempt to regain the ball and score in the big goal
- Play 6x4' games

Coaching points:

- Get compact, Stay Compact, reduce the space between defenders so the attackers can't play through!
- Delay the opponent before getting the ball
- Cues to pressure: Back to you, bad touch, bad/slow pass, bouncing ball/ball in the air
- Depth to cover pressuring player

