

Main goal: individual defense reminder, group defensive principles reminder

Warm-Up

Circuit training with the physical coach: aerobic resistance and coordinative skills. All activities are done with a ball.

1 v 1

One attacker starts the activity at the halfway line going towards the goal. He has to beat two opponents (one in each area) and finish with a shot on goal. If defender steals the ball, he tries to cross his defensive line in possession of the ball, while the attacker will chase him (recover).



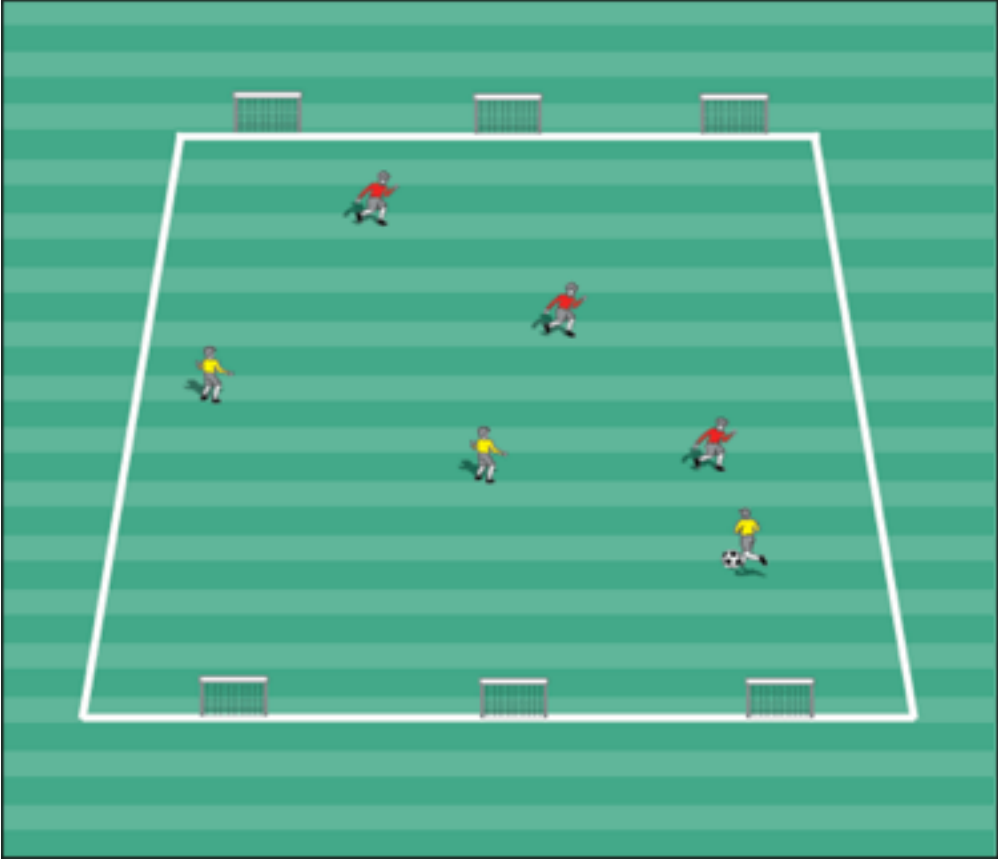
Coaching Points

- Offensive: individual skills, speed, objectiveness,
- Defensive: individual defensive corrections (show the line or induce to the line, delay, do not dive, effective tackle, aggressive but not violent)
- Transition: recover (dropping back when loses the ball)

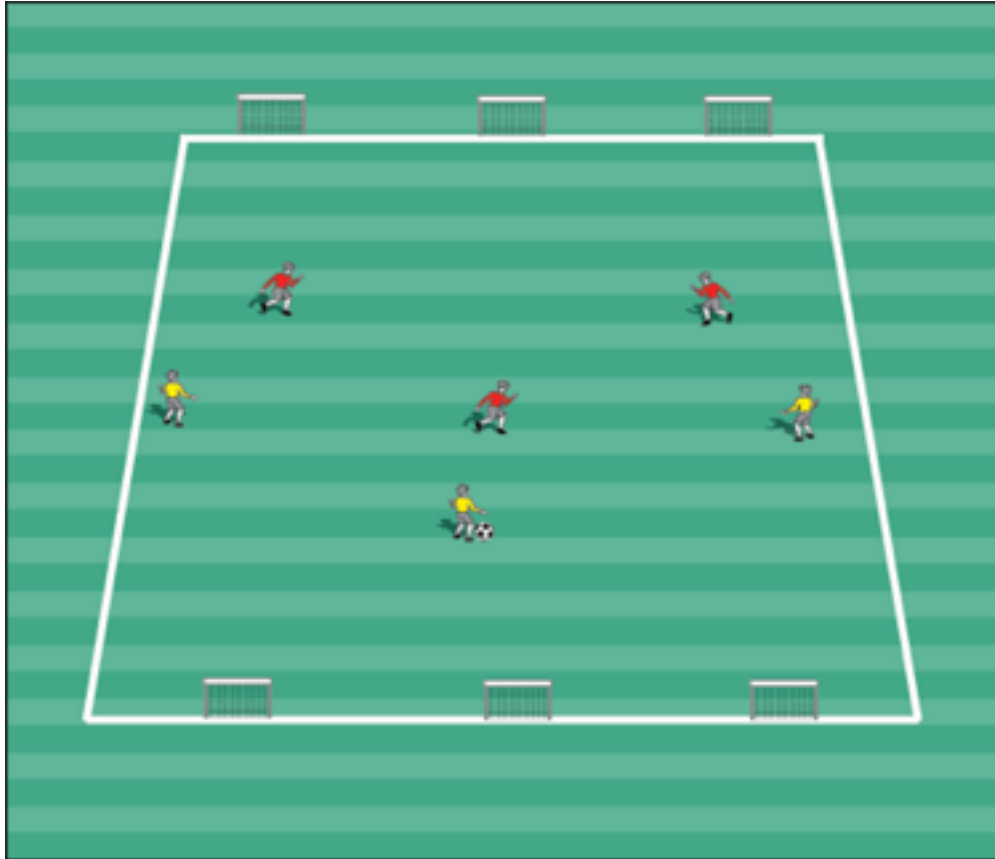
Gap Goals

This is a 3 v 3 game played in an area of approximately 20 x 30 meters. Three mini goals simulate the gaps in the defence. The players in possession of the ball try to find the gap and score in the mini goals. The defensive players try to shut the gaps by creating other defensive lines (diagonal / triangle).

Diagonal



Triangle



Gap goals: same as above but 4 v 4.

Diagonal



Triangle

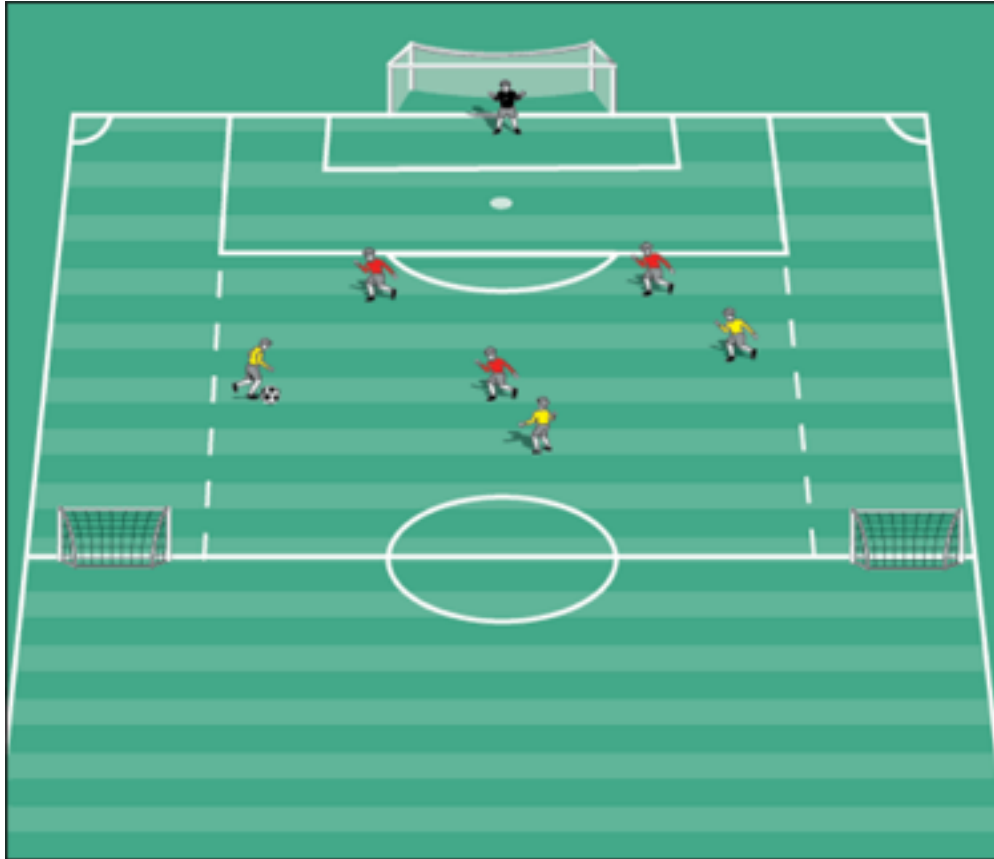


Coaching Points

- Offensive: look for the gap, quality of pass, movements off the ball
- Defensive: shut the gaps, balance, recovery, defensive lines, and communication.
Principles of zone marking and mixed defence (individual and zone).

Attack Through the Middle

Playing on half of a field and the width of the goal area. 3 v 3 and then 4 v 4. Attackers score in the regular goal while defenders score in the wide mini goals.

**Coaching Points**

- Offensive: movements through the middle
- Defensive: do the transition by the flanks and coach will start differentiating player's defensive positions and functions on the 3-5-2 and the 4-4-2.

Cool down

Groups of 3 or 4 players together by position will discuss individual goals for the season while stretching.