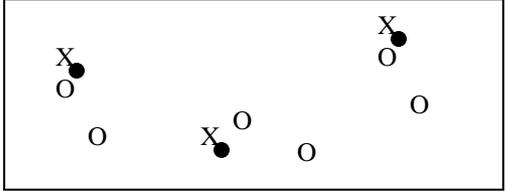
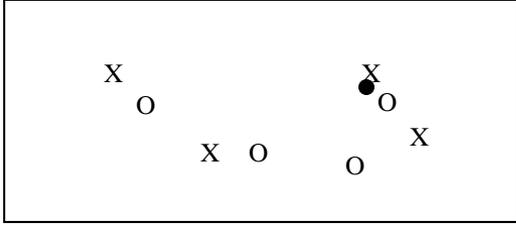
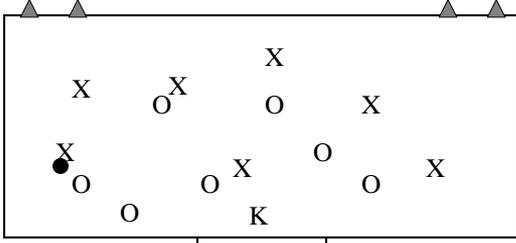


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. Groups of three, 2 defenders v 1 attacker</p> <p>* STRETCH</p>	<p>Organization</p>  <p>20 yds</p> <p>50 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - correct distance between defender 1 and 2 (close enough to cover the first defender but not too close to be beaten by the attacker) - communication
<p>Match Related Activity 15 min. 4 v 4 - (O) team defend a end line with a target</p>	<p>T</p>  <p>30 yds</p> <p>T</p> <p>50 yds</p>	<ul style="list-style-type: none"> - correct side of support - aware of players off the ball - do not over commit - stay aware of attackers movement
<p>Match Related Activity 20 min. 7 v 7 - two touch for (X) team</p>	 <p>XX yds</p> <p>XX yds</p>	<ul style="list-style-type: none"> - team formation - allow 1st defender to challenge for the ball be prepared to close in on ball if the tackle has not been won
<p>Match Condition Game 40 min. 11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - be in a position to see the opponent and the ball at times, create 2 v 1 A.S.A.P - to cover 1st defender - to understand role and responsibilities
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	