

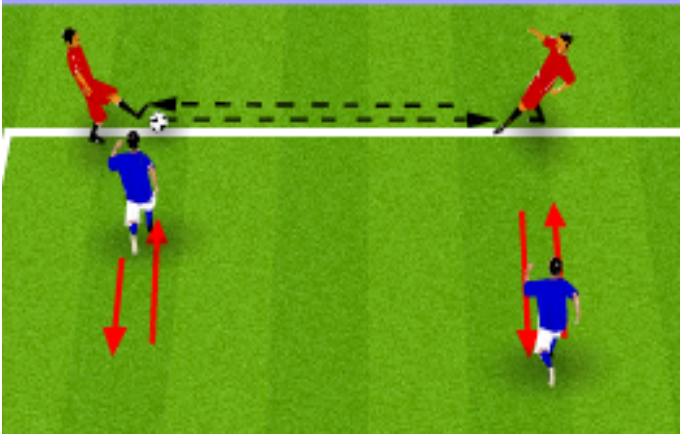


WEEK 9 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Short-Short Long Passing Sequence</p> <p>Players in groups of 3 with one ball</p>	<p>Sequence of two short passes, followed by a long pass (short-short-long). The player that makes the 2nd short pass, sprints to support the player receiving the long pass. After 30 seconds, switch the player that makes the long run so that everyone plays that position. RED Arrow shows the long support run, BLACK dashed line shows the pass</p> <p>Progression: 1) All players take two touches to get the passing sequence down 2) Players attempt to keep the sequence playing in 1 touch (2 touches if needed) 3) Have it a race between the different groups to see how many passes they can make 4) The long pass is driven in the air</p>		<p>Try to make all pass role, be firm, and accurate</p> <p>Communication helps talk people thru where the next pass should go</p> <p>Quickly support the long pass</p>
<p>1v1 Box</p> <p>Create a 10x10 yard box for the defender</p> <p>Goal with a goalie</p> <p>Attackers will ball 10yds from box</p>	<p>Attackers must dribble into the box, once in the box they can shoot at any time.</p> <p>The defender must stay inside the box.</p> <p>The attacker can dribble by the defender, or can shoot if they have space.</p> <p>If the attacker scores they return to the attacking line. If the attacker fails to score, they become the defender, and the old defender joins the attacking line.</p>		<p>+Attackers go with speed</p> <p>+Attacker doesn't need to get by defender, just create space to take a shot</p> <p>+Defenders do not over commit, stagger your feet and force the attacker to a side-line in the box</p>
<p>Pressure – Cover</p> <p>2v2 Defense</p> <p>Two players in a pair, 10 yards apart with a ball</p> <p>Two players in a pair w/o a ball defending</p>	<p>Player on attack with ball is the 1st Attacker – player on attack w/o the ball is the 2nd Attacker. Player on defense closest to ball is the 1st Defender – player on defense off the ball is the 2nd Defender</p> <p>1st Defender provides pressure on the ball to stop the attacker from progressing up the field, 2nd Defender provides cover so that the 2nd Attacker can not run behind them and can also slide over to stop the 1st Attacker if they get by the 1st Defender</p> <p>1st and 2nd Attacker pass the ball back and forth, work on the pressure and cover of the two Defenders</p> <p>Switch roles after 30-40 seconds</p> <p>Play LIVE after walk thru 2v2 to a small goal</p>		<p>Pressure and cover is a key defensive strategy. Players that understand the concept will be able to position themselves to be very difficult to get by.</p> <p>Video to explain further: https://www.youtube.com/watch?v=a58UH Xa8c48</p>