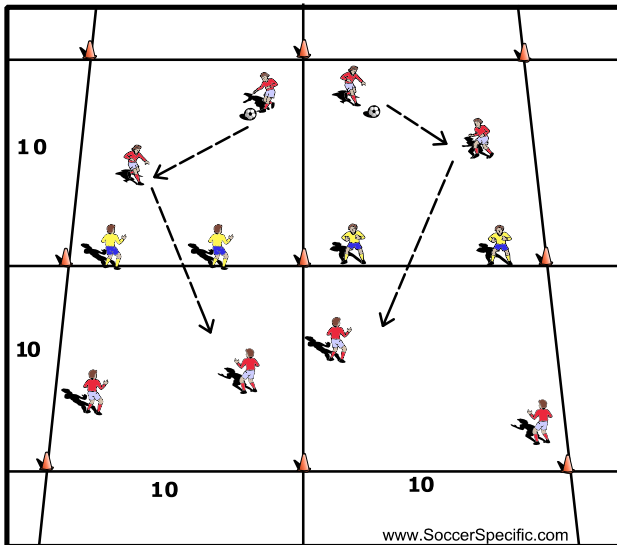


### ACTIVITY #1



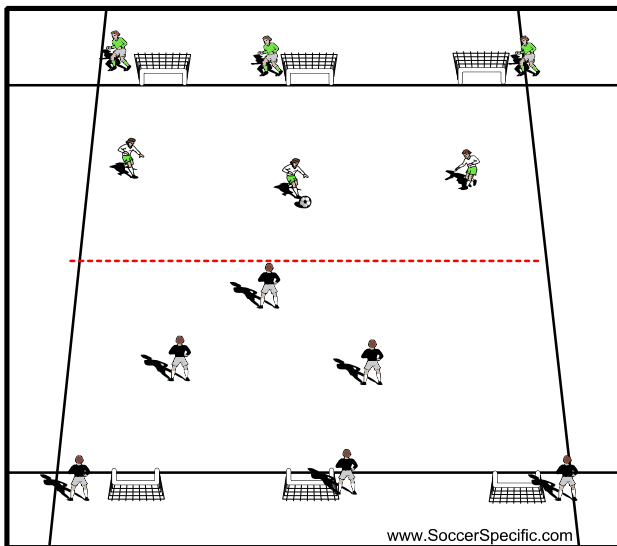
**Set up:** 10X20 GRIDS

2 PLAYERS IN EACH 10X10, 2 DEFENDERS WHO WORK ALONG THE LINE

**Instructions:** ATTACKERS ATTEMPT TO KEEP POSSESSION AS A 4, MOVING BALL ACROSS THE LINE TO THE OPPOSITE SIDE, DEFENDERS ATTEMPT TO WIN IT BACK, \*\*CHANGE AT RANDOM TIMES\*\*

**Coaching Points:** DEFENDERS WORKING TO WIN THE BALL BY INTERCEPTING  
DEFENDERS WORKING AS A UNIT OF 2  
TRY NOT TO GET SPLIT AND FORCE THE BALL AROUND THE OUTSIDE  
"FUSSBALL" PROGRESSION: PRESS FROM THE FRONT

### ACTIVITY #2



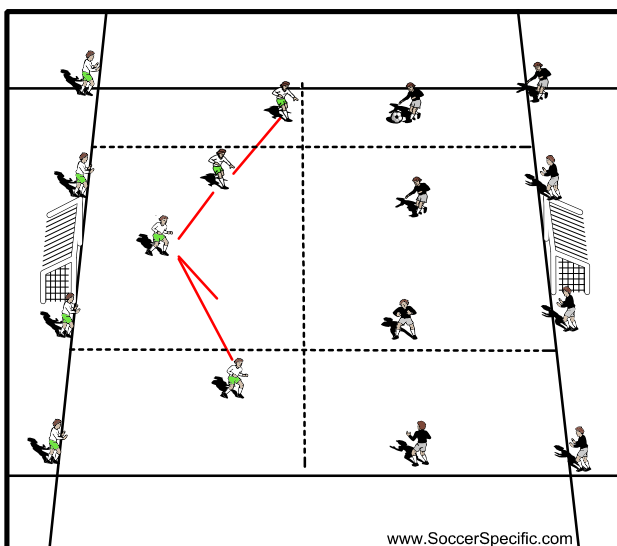
**Set up:** 30 WIDE BY 25 LONG

3V3 GAME WITH FLOW

**Instructions:** STEPPING AT THE CORRECT TIME, V SHAPE IF ATTACKING DOWN THE MIDDLE, DIAGONAL IF ATTACKING DOWN THE OUTSIDE INTERCEPTIONS AND ATTACK!

**Coaching Points:** ADD HALF WAY LINE AND GET IN A LINE BEFORE STEPPING OUT TO DEFEND, THEN REMOVE IT!!  
KEEP SCORE

### ACTIVITY #3



**Set up:** HALF A PITCH OR 1/4

4V4 GAME WITH FLOW WORKING ON DEFENSIVE SHAPE AND COUNTER ATTACKING

MARK OFF THE OUTSIDE CHANNELS AND FB DOES NOT PLAY UNTIL THEY RECEIVE THE BALL FROM A TEAM-MATE

NO DEFENDING ON THE OUTSIDE

**Instructions:** CORRECT STEPS, DROP TO HALF WAY LINE BEFORE DEFENDING GET IN A LINE, ORGANISATION INTERCEPTIONS AND SPRING OUT

**Coaching Points:** WITH FB IN THE CHANNEL THEY HAVE TO WORK ON GETTING IN THE CORRECT POSITION-- LEVEL WITH DEFENCE \*\*\*NOT BEHIND THE LINE START BY HAVING TO SCORE IN ANY OF 3 GOALS, THEN ADD NETS WITH GK

**ACTIVITY #4**

**Set up:** HALF A PITCH OR 1/4  
4V4 GAME WITH FLOW WORKING ON DEFENSIVE  
SHAPE AND COUNTER ATTACKING

**Instructions:** CORRECT STEPS,  
DROP TO HALF WAY LINE BEFORE DEFENDING  
GET IN A LINE, ORGANISATION INTERCEPTIONS AND  
SPRING OUT

**Coaching Points:** START BY HAVING TO SCORE IN ANY  
OF 3 GOALS, THEN ADD NETS WITH GK

