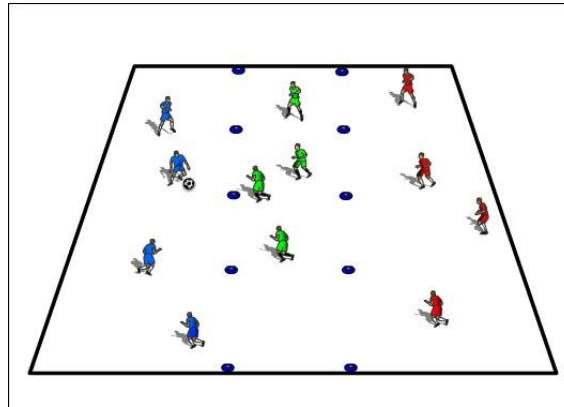


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1 & 5 pass ball into feet of 2 & 6
 As ball is passed, 3 & 7 go live and actively defend against attacker (2 & 6)
 -2 turned and dribbled ball through wide gate for 1 point
 -6 turned and scored on goal for 3 points
 Rotation: 1-2, 2-4, 4-3, 3-5, 5-6, 6-8, 8-7, 7-1

DEFENSIVE COACHING POINTS:
 -Defender to "get there quickly but arrive slowly"
 -Low stance looking past attackers hip at ball, hand up softly to feel for movement
 -Patience

ATTACKING COACHING POINTS:
 -Control ball quickly to allow time for turn/shot
 -NO WAITING for 'perfect' shooting opportunity, just need a sliver of space
 -Change of pace



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-Two groups are in the outside zones, group of 4 in the middle zone.
 -Teams on the outside pass the ball back and forth playing the ball through the middle zone to the team on the opposite side (NO balls can be served over the top of the middle group!).
 -If team in middle wins possession, switch with the team who tried to play it through.
 -If the ball goes through the middle, they stay until they win possession of it.

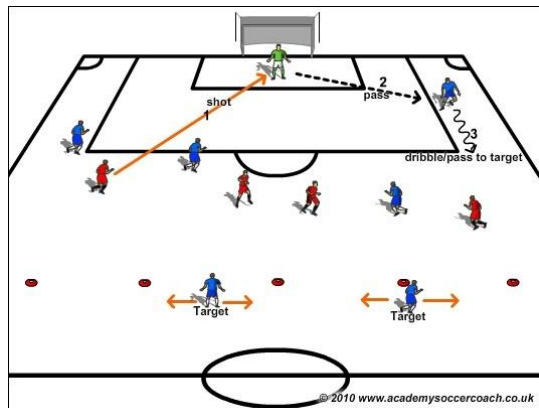
COACHING POINTS:
 -When, how, and where to pressure ball
 -Cover should be at a good angle from first defender, communicating
 -Balance should be behind ball, in position to see ball and 3rd attackers ready to transition to attack if the ball is won
 -Defensive shape is key - flat, connected and compact



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-4 White players attack. -Stagger starting positions if desired.
 -4 Red defenders delay/prevent attack, pseudo #s up created for white via one defender in penalty arc, one in goal.
 -On dead ball (goal, out of touch), white transition to defend (1 in GK, 1 in arc), red recover to half, blue attack

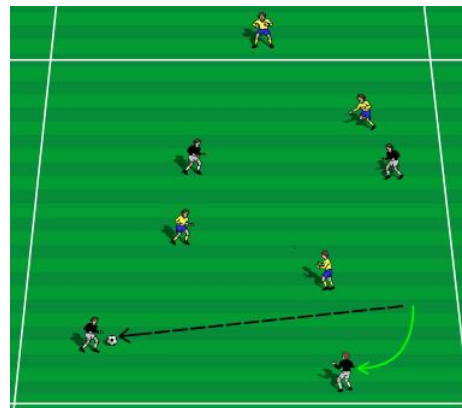
COACHING POINTS:
 -Attacking shape/strategy/technique



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Defensive third
 4 blue+GK defend the Big Goal, tries to score with pass to a target player.
 Red tries to score in the Big Goal.

COACHING POINTS:
 -Defending in the defensive 3rd is more urgent than in the other two thirds of the field.
 -Pressure on the ball must be immediate to delay the progress of the attacking team, allowing the defending action to organize.
 -While the ball is pressured, other backs must get into good cover and balance positions
 -Changing roles quickly, as the ball travels, is vital



Defending

- Close Space
 - "Get there quick, arrive slowly."
 - Travel while ball travels
- Be patient
 - Wait for mistake
 - Do not dive in
 - Move backward with ball
- Force direction
 - Outside
 - Acts as 2nd defender
 - Weak Foot
 - Easier to make mistake
- Be on toes
 - Arms out for balance
- Feet constantly moving
 - Small, fast steps
- Eye on ball ONLY
- Win with STRENGTH and confidence
 - Body behind ball
 - Block tackle
 - No poking in to win ball
 - Only to cause mistakes
- Be physical
 - Make contact!
- Mental preparation
 - Believe you will win every challenge
- If they dribble right past you...
 - You likely dove in