

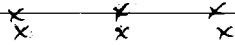
I. WARM UP

2 TEAMS VS 1 TEAMS - POSSESSION

II. DEFENDING IN PAIRS

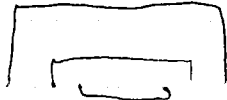
- 15 yds apart - one pass to other and immediately close
- passively defend back to 15 yds
- focus on closing fast to slow, good defensive stance

III



- serve ball into attackers, defenders close to prevent goal
- focus on defensive stance & positioning.

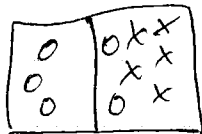
IV



- serve ball into attackers (x), defenders close to prevent goal
- focus on angles/recovery runs.

V

transfer box



~~VI~~

transition game

VII

SSG.

- world cup?
- headers?