



ACTIVITY 1

Organization	Key Coaching Points
1. 12 yard wide and 16 yard long triangle set up twice to accommodate the full squad. Distance between the middle cones is 8 yards and the distance between the top cones is 2 yards. 2. Players evenly split between the triangles with the attacking players at the top of the triangle and the defending players at the bottom of the triangle with Soccer balls. 3. Defender will play up to the attacking player and he can score by dribbling over the end line. The defender must win possession and dribble out any side of the triangle.	1. Press quickly with an angled shut down. Aim to contain the attacker in the small area of the triangle. Give yourself space to recover if needed. 2. Slow down when approaching the defender, get close but don't over commit. 3. Analyze attacker, what is their strong/weak side, show them into their weaker side if possible. 4. If the attacker changes position, just pivot, DON'T LET HIM SEE YOUR NUMBER! 5. Be ready to SPOOK and ENGAGE. 6. Be aware of DISTANCES.

ACTIVITY 2

Organization	Key Coaching Points
1. Small pitch set up xx in length and x in width with 3 mannequins across the pitch. GK in goals with a supply of footballs and 1 player from each team on the mannequins and the rest at the sides of their own goal. 2. Game started by the GK and 2 players on the mannequin to play 3v1 against the striker and then the time is right they play a mis-placed pass and relinquish possession to the yellow players at the opposite end. 3. A transition then occurs with the 2 side player and the striker (Yellow) play 3v2 against the 2 Green & White players who move in.	1. Be comfortable when building possession 3v1. 2. Quick reaction to the transition and move in tight and squeeze up slightly. 3. Don't make up the attackers mind to quickly start to drop and DELAY and SLOW attack down. 4. Force away from the central area and force wide and create a 2v2 or 1v1 and then engage. 5. Nearest player to the ball ENGAGE. 6. 2nd defender COMMUNICATE, give DEPTH & COVER but be aware of

GAME

Organization	Key Coaching Points
1. Same organization as the previous activity. 2. This time, when the ball is played to the top yellow players, the middle Green & White player becomes active to create a 3v3. 3. If the Green & Whites win possession they can attack and the yellow must transition to defence. 4. Game re-starts once a goal is scored or the ball goes out of the pitch. 5. Exercise then re-starts with the yellows.	1. Middle player presses the ball QUICKLY. Can he remember the 1v1 activity? 2. Show the player on the ball down the SAME side, don't allow switch of play. 3. As it is 3v3 can we MAINTAIN shape and press a little bit more AGGRESSIVELY now. 4. Can we PINCH and start a counter attack. 5. COMMUNICATION is now vital as more players are now active and the game more chaotic.