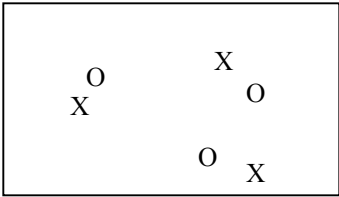
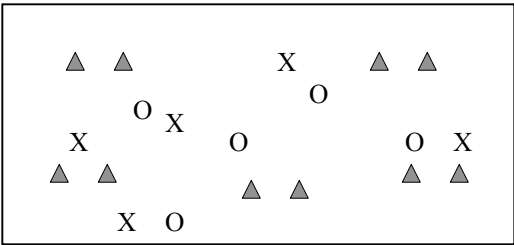
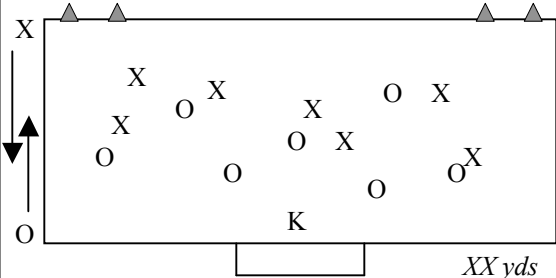



**Name:** Arsenal - Alex Mason

**Topic:** Coaching the pressuring defender (first defender)

**Date:** \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

|   |  |  |
|---|--|--|
| <p><b>Fundamental - Warm Up</b> <b>15 min.</b><br/>         3 v 3 defenders - O team<br/>         1) game of keep away<br/>         2) limit (X) team touches on the ball<br/> <br/> <b>* STRETCH</b></p> | <p><b>Organization</b></p>  <p>20 yds<br/>25 yds</p> | <p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- immediate pressure</li> <li>- speed of pressure</li> <li>- commit to the tackle</li> <li>- 1st defender role</li> </ul> |
| <p><b>Match Related Activity</b> <b>15 min.</b><br/>         5 v 5 with random gates<br/>         - 1v 1 marking<br/>         - no direction</p>  |  <p>30 yds<br/>50 yds</p>                            | <ul style="list-style-type: none"> <li>- angle of approach</li> <li>- side on stance</li> <li>- timing of tackle</li> <li>- correct tackling technique</li> </ul>                                  |
| <p><b>Match Related Activity</b> <b>20 min.</b><br/>         7 v 7 full size goal with counter goals for the defending team<br/>         - ball starts with the attacking team (X)</p>                    |  <p>XX yds<br/>XX yds</p>                           | <ul style="list-style-type: none"> <li>- team formation</li> <li>- force ball away from goal</li> <li>- force ball into another defender</li> <li>- communication to team</li> </ul>               |
| <p><b>Match Condition Game</b> <b>40 min.</b><br/>         11 v 11 game</p>   |  <p>full field game</p>                            | <ul style="list-style-type: none"> <li>- instant pressure any where in the field</li> </ul>  |
| <p>Cool Down</p>  | <p>Light Jog &amp; Stretch</p>   |  |