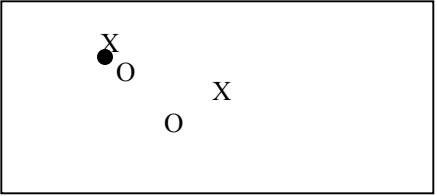
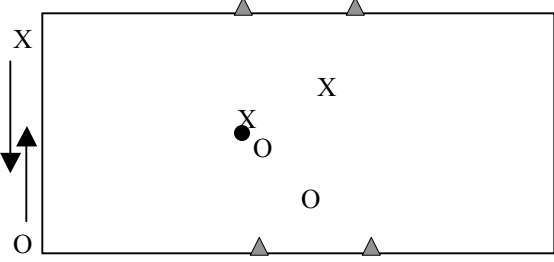
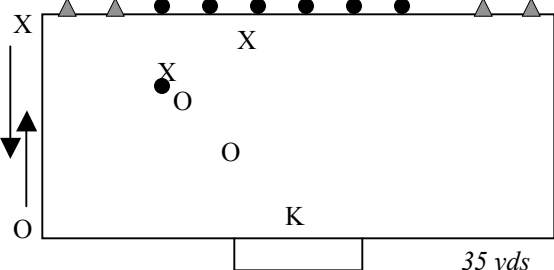
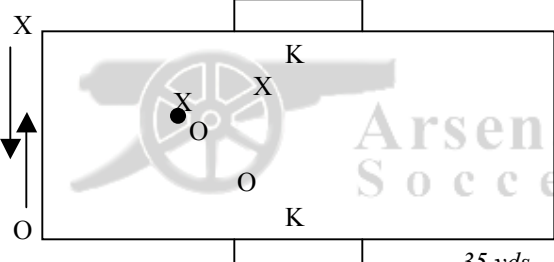


**Name:** Arsenal - Alex Mason

**Topic:** Coach defending in 2 v 2

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

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

<p>Fundamental - Warm Up <b>15 min.</b> 2 v 2 groups</p> <p><b>* STRETCH</b></p>	<p>Organization</p>  <p>15 yds</p> <p>25 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> <li>- pressure / cover support</li> <li>- proper space between defenders 1 and 2</li> <li>- communication</li> </ul>
<p>Match Related Activity <b>15 min.</b> Teams must dribble through goals</p>	 <p>15 yds</p> <p>25 yds</p>	<ul style="list-style-type: none"> <li>- correct side of support</li> <li>- isolate forward</li> <li>- defend with your back to the goal</li> </ul>
<p>Match Related Activity <b>20 min.</b> 2 v 2 + Keeper</p> <ul style="list-style-type: none"> <li>- set number of soccer balls</li> <li>- count number of breakdowns</li> </ul>	 <p>25 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> <li>- deny penetration</li> <li>- deny shots on goal</li> <li>- push player with ball away from goal</li> <li>- regain possession</li> </ul>
<p>Match Condition Game <b>40 min.</b> 2 v 2 + Keepers</p> <ul style="list-style-type: none"> <li>- Short field to allow repetition</li> </ul>	 <p>25 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> <li>- look for a comfort level from both players</li> <li>- players know when to switch if needed</li> <li>- communication must be clear, positive, and loud</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	