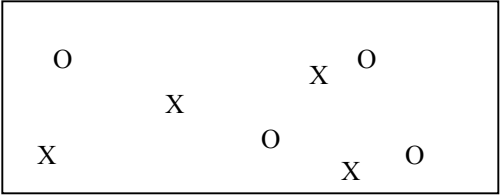
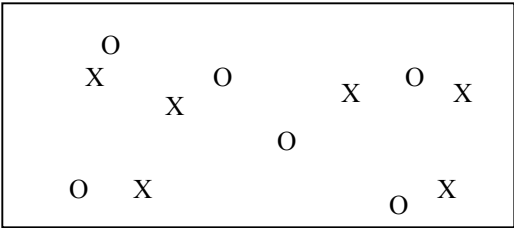
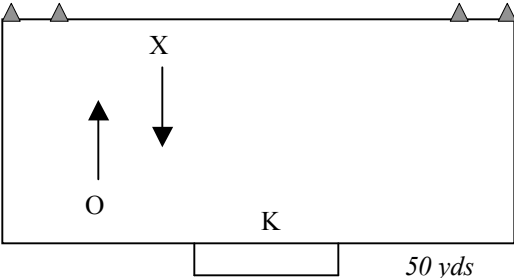



Name: Arsenal - Alex Mason

Topic: High Pressure

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

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

<p>Fundamental - Warm Up <b>10 min.</b></p> <p>- 4 v 4</p> <p>teams try to get 5 passes to get a point</p> <p><b>* STRETCH</b></p>	<p>Organization</p>  <p>25 yds</p> <p>30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> <li>- immediate pressure</li> <li>- high communication</li> <li>- physical presence</li> </ul>
<p>Match Related Activity <b>15 min.</b></p> <p>- 6 v 6</p> <ol style="list-style-type: none"> <li>1) teams look to find targets</li> <li>2) set time to find targets</li> <li>3) can limit touches with the ball</li> </ol>	<p>T</p>  <p>30 yds</p> <p>50 yds</p> <p>T</p>	<ul style="list-style-type: none"> <li>- immediate pressure</li> <li>- high communication</li> <li>- team understanding</li> </ul> <p>Positive Attitude</p>
<p>Match Related Activity <b>20 min.</b></p> <p>- 8 v 8</p> <p>(X) going to goal</p> <p>(X) must achieve set # of shots on goal in set time</p> <p>(O) must maintain possession / counter</p>	 <p>30 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> <li>- (X) team pushing forward</li> <li>- 1 v 1 tactics</li> <li>- crosses</li> <li>- after a shot or goal (O) will play out of the back</li> <li>- add pressure to a team by making them a goal down</li> </ul>
<p>Match Condition Game <b>55 min.</b></p> <p>- 11 v 11</p> <p>(X) 2-4-4</p> <p>(O) 4-4-2</p>	 <p>full field</p>	<ul style="list-style-type: none"> <li>- all above</li> <li>- looking for players to motivate each other</li> <li>- set team goals, must be met</li> <li>- teams must be aware of area's to go high pressure or that a change in the game will also require high pressure</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	