





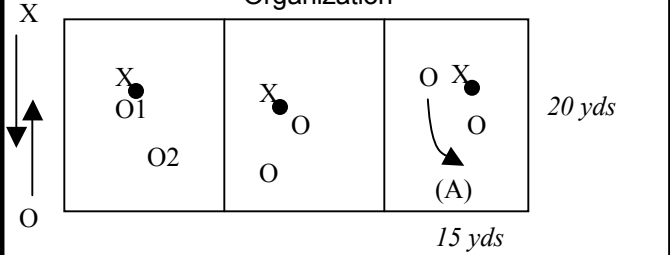
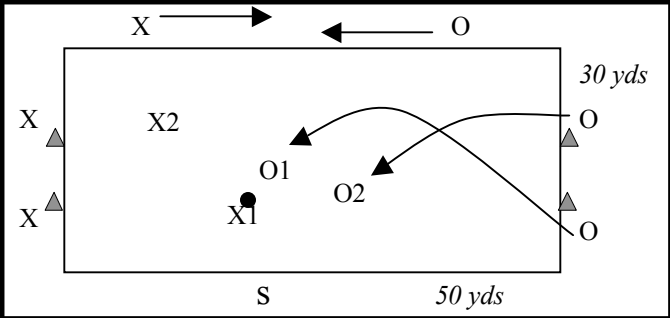
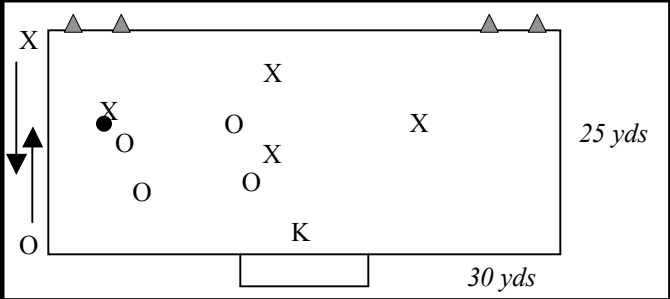

Name: Arsenal - Jason McClanathan

Topic: Coach the covering defender (2nd Defender)

Date: _____

 = level of topic importance

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

<p>Fundamental - Warm Up 15 min.</p> <p>Groups of three, 2 defenders v 1 attacker</p> <p>O1, plays ball across to X, X then attacks the goal-line, O2 follows O1 in a covering position</p> <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - communication (for 1st defender which direction to force the attacker, when to encourage the tackle) - correct distance between defender 1 and 2 (close enough to cover the first defender but not to close to be beaten by the attacker) - proper recovery run for 1st defender if beaten (A)
<p>Match Related Activity 15 min.</p> <p>2 v 2</p> <p>- coach plays ball into grid, 2 players come of goal line from each end, and then play 2 v 2 to goal</p>		<ul style="list-style-type: none"> - recognize who will win the ball first, then adjust into attacking or defending positions - communication from 2nd defender to 1st defender on which way to force the attacker (1st player out becomes 1st defender) - correct side of support - do not over commit - aware of players off the ball - 2nd defender must always cover near post
<p>Match Related Activity 20 min.</p> <p>4 v 4</p> <p>-free play</p>		<ul style="list-style-type: none"> - team formation - allow 1st defender to challenge for the ball be prepared/in position to close on ball if the tackle has not been won
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p>full field game</p> 	<ul style="list-style-type: none"> - be in a position to see the opponent and the ball at times, create 2 v 1 A.S.A.P - to cover 1st defender - to understand role and responsibilities
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	