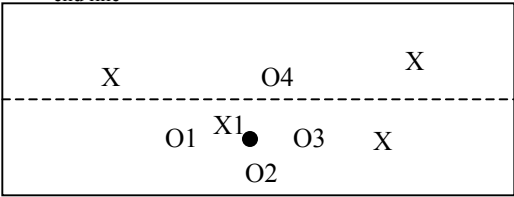
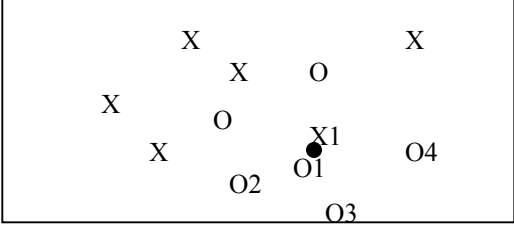
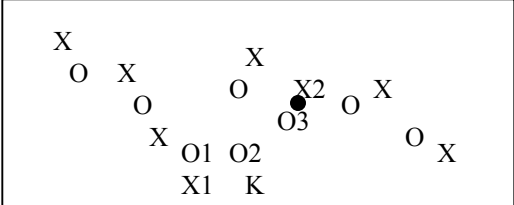



Name: Arsenal - Alex Mason

Topic: Coach to Improve Team Shape for Defense

Date: _____

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

<p>Fundamental - Warm Up 15 min.</p> <p>Two teams of 4 playing to end lines</p> <ul style="list-style-type: none"> - time how long a team can deny penetration - interception <p>* STRETCH</p>	<p>Organization</p>  <p>25 yds</p> <p>35 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - (O1), (O2), (O3) have created a defensive pocket, (X1) has no support, (O4) is closing down (X1) from behind the ball - communication - support - balance
<p>Match Related Activity 15 min.</p> <p>6 v 6 + targets</p> <ul style="list-style-type: none"> - limit attacking team to two touch - select number of defenders you need behind ball at all times 	<p>T</p>  <p>25 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> - (O1), (O2), (O3) have formed a defensive point, (O4) can add verbal pressure to (X1) - speed of play (how quickly can O team get in position)
<p>Match Related Activity 20 min.</p> <p>8 v 8 + keeper + Target</p> <ul style="list-style-type: none"> - rotate formation from 3 defenders to 4, or even 5 	<p>T</p>  <p>35 yds</p> <p>50 yds</p>	<p>target starts game</p> <ul style="list-style-type: none"> - this game shows a four player defense - (X1) is in a off side position - communication must be high - try to isolate player with the ball from team mates - allow game to flow
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	 <p>full field game</p>	<ul style="list-style-type: none"> - looking to defend in numbers defending team must try to achieve pockets and points as quickly as they can - a defensive line must be formed as quickly as possible
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	