

Warm-Up

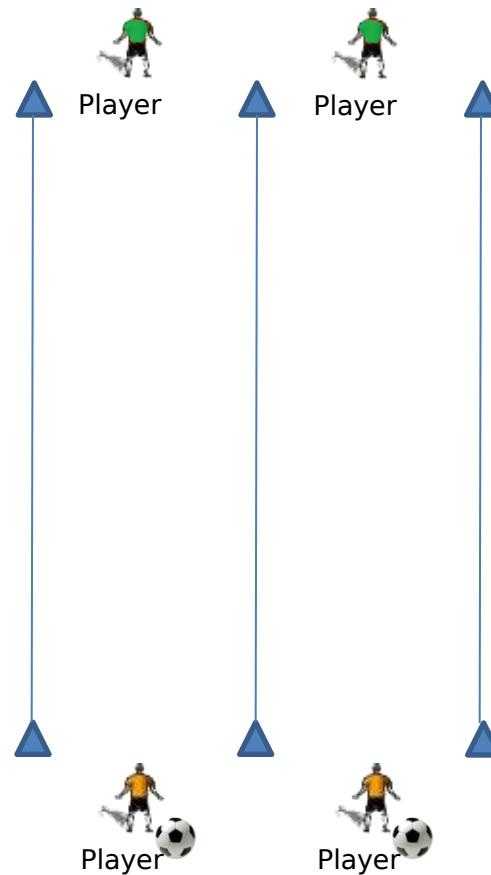
Warm-up to get a feel for the ball: Get legs warm, stretch, touches on the ball

1. Do a warm up that you are comfortable with.
2. I like to teach players to be leaders during the warm-ups... Let them add some stuff that they like to it and run it themselves... It builds leadership!

1 vs. 1 Defending

Emphasize Speed of approach (close down space but stop traveling when the first touch is about to be taken), angle of approach, tackling techniques, direction to force, body position, and tenacity.

1. Player with ball passes to opposition, closes them down, and tries to force mistake.
2. Each line stays on their end so they can make it into a competition.

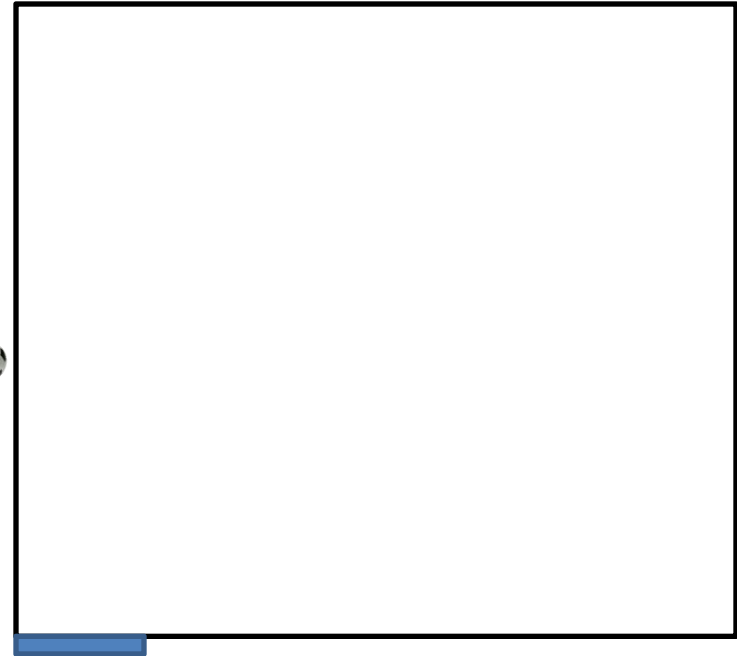
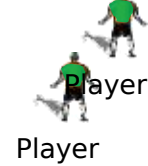


- Force one way, but use the sideline as an extra defender
- Keep your knees bent and be in an athletic stance
- Do not focus on stealing the ball, focus on delaying the attack until a mistake is made then use a poke tackle to win the ball
- Keep moving your feet
- Try to keep within an arm's length from the attacker (too close and they can explode past you, too far and they can strike on goal)

1 vs. 1 Defending

Emphasize Speed of approach (close down space but stop traveling when the first touch is about to be taken), angle of approach, tackling techniques, direction to force, body position, and tenacity.

1. Player with ball passes to opposition, closes them down, and tries to force mistake.
2. Each line stays on their end so they can make it into a competition by keeping track of goals scored. Then switch

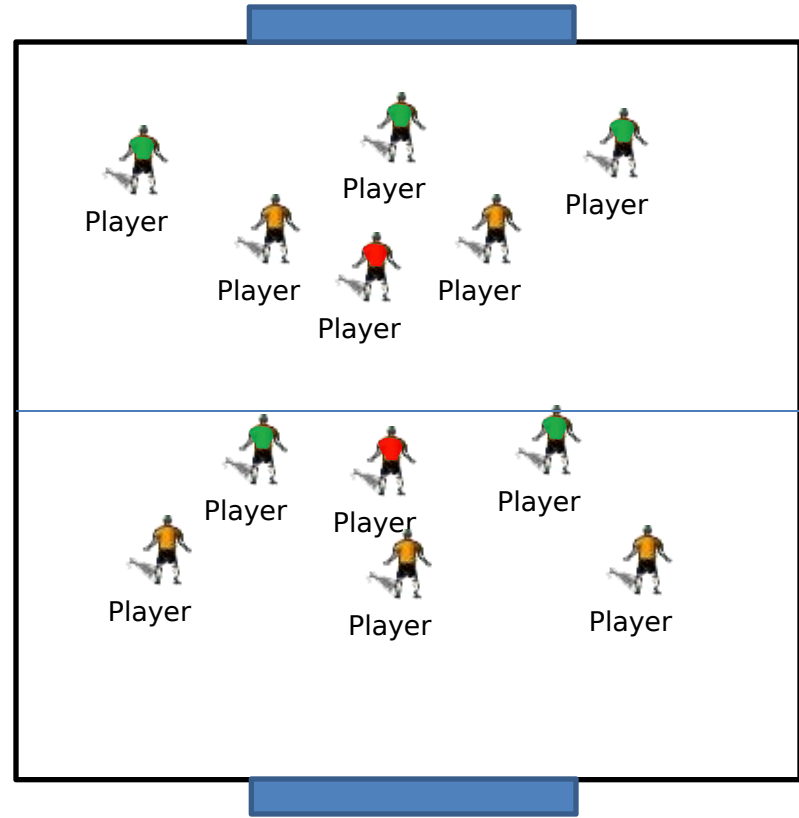


- Force away from the goal
- Keep your body positioned between the goal and the player
- Do not focus on stealing the ball, focus on delaying the attack until a mistake is made
- Keep moving your feet
- Try to keep within an arm's length from the attacker (too close and they can explode past you, too far and they can strike on goal)

1 vs. 1 Defending

Emphasize Speed of approach (pressure is rapid), angle of approach, tackling techniques, direction to force, body position, and tenacity.

1. 2 teams to goals. 1 neutral on each side. A line divides the field in two. Forward players press while defenders work on 1 vs 1 defending.



Game to goals: use field
size appropriate to
numbers

**Emphasize the
coaching points
you have made
about defending 1
vs. 1. Be positive
and applaud good
defending!**

Have fun!

Cool-Down

My cool down's are normally led by the team. I help them get a few that are effective but also that they enjoy. This is a great time to build leadership and camaraderie.

“Leaders don’t create followers, they create more leaders.”