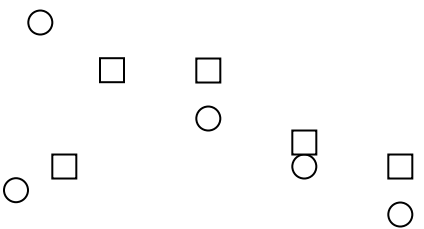
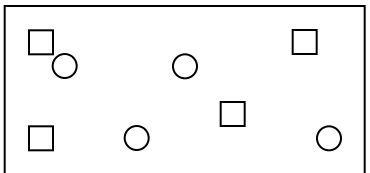
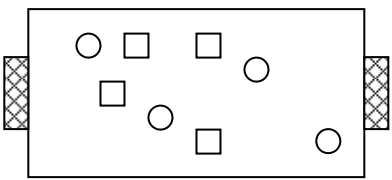
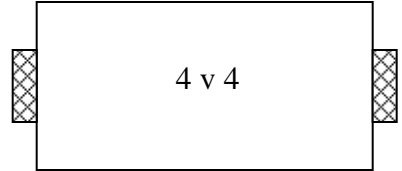


<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Everyone finds a partner</li> <li>▪ One person in the pair is designated as the leader, the other shadows that person</li> <li>▪ Switch roles after 60 seconds</li> <li>▪ Stretch</li> <li>▪ Repeat with a ball at a faster speed</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Defenders should keep their eye on the ball</li> <li>▪ Defenders want to be close to the attacker, close enough so that in a game the attacker would look down at the ball</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 in a 40-x-30 yard area</li> <li>▪ Teams try to complete 5 consecutive passes</li> <li>▪ Players must mark up on someone on the other side and cover only them the whole game</li> </ul>	<ul style="list-style-type: none"> <li>▪ Defenders should stay ball-side and goal-side of their mark</li> <li>▪ Defenders should position themselves so that they can always see their mark and the ball at the same time</li> <li>▪ When applying pressure, the defender should focus solely on the ball</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 in a 40-x-30 yard area</li> <li>▪ Teams attack and defend a goal</li> <li>▪ Just as above, the players must mark up with someone on the other team and only cover that person</li> <li>▪ Should a defender be beaten, no one on his/her team can help them out, they must recover</li> </ul>	<ul style="list-style-type: none"> <li>▪ Defenders should stay ball-side and goal-side of their mark</li> <li>▪ Defenders should position themselves so that they can always see their mark and the ball at the same time</li> <li>▪ When applying pressure, the defender should focus solely on the ball</li> </ul>
<p><b>GAME – TWO GOALS</b></p> 	<ul style="list-style-type: none"> <li>▪ 4v4 +GK game</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if the team has good marking ability</li> </ul>