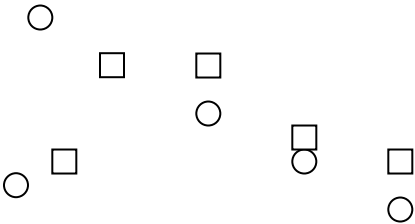
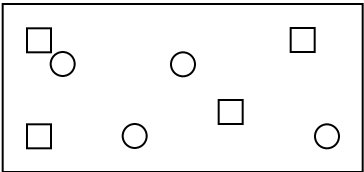
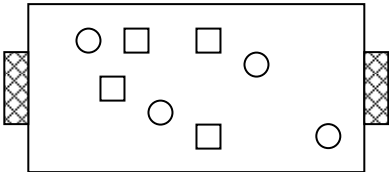
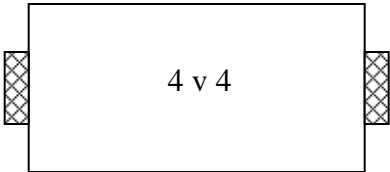


<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone finds a partner One person in the pair is designated as the leader, the other shadows that person Switch roles after 60 seconds Stretch Repeat with a ball at a faster speed 	<p>KEY COACHING POINTS</p>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