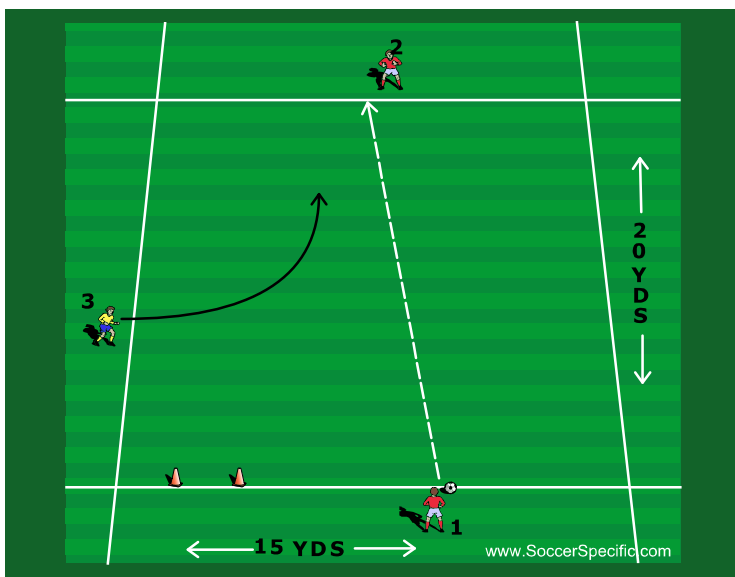


ACTIVITY #1

Set up: Players pass and move. Working on getting players in correct defensive position

Instructions: Once ball is played, the player that played closes ball down as if they were defending. Player receiving the ball dribbles at the player who played the pass. The focus of the warm up is to get the passive defender in the correct position with out them attempting to win the ball.

Coaching Points: Speed and angle of approach.
Balance/ Body position
Patience
Distance
Delay.

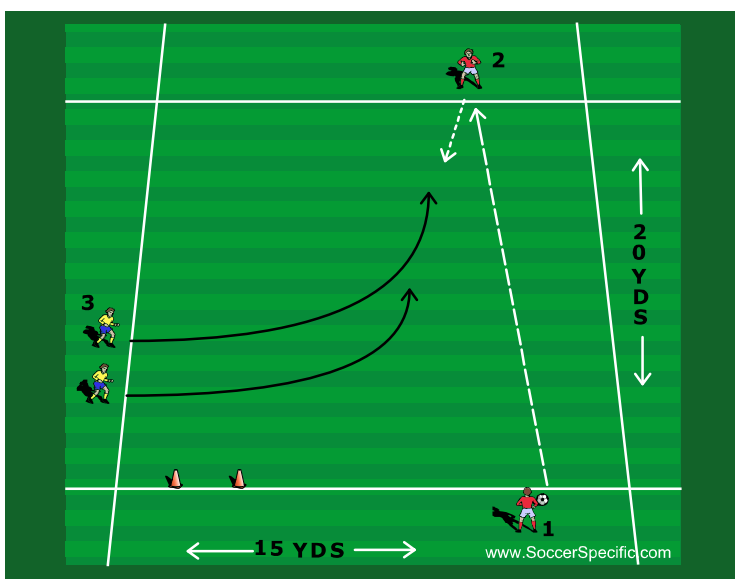


ACTIVITY #2

Set up: Player 1 - Server
Player 2 - Attacker
Player 3 - Defender

Instructions: Player 1 plays ball to player 2. As soon as ball travels player 3 closes the ball down to prevent player 2 dribbling through the small goal.

Coaching Points: Speed and angle of approach
Balance/body position
Distance
See the ball
Prevent forward play
Threaten the ball
Patience and Delay.

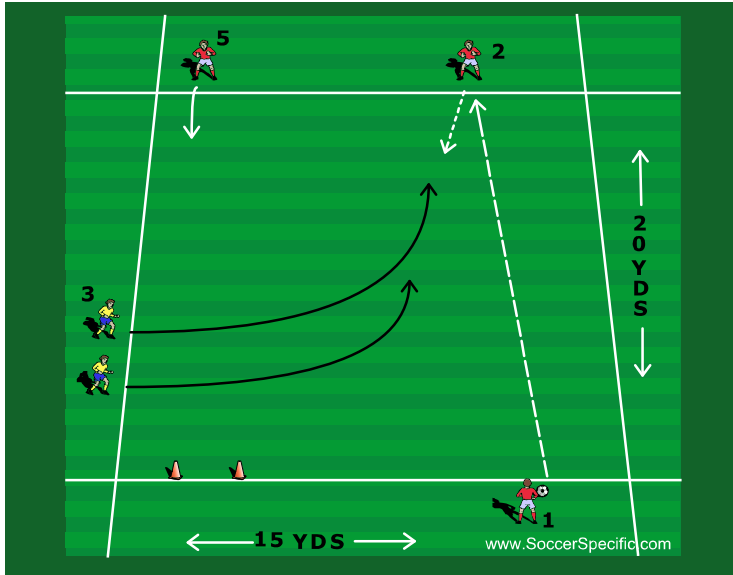


ACTIVITY #3

Set up: Player 1 - Server
Player 2 - Attacker
Player 3 - 1st Defender (Pressure)
Player 4 - 2nd Defender (Cover)

Instructions: Player 1 plays ball to player 2. As soon as ball travels player 3 and 4 closes the ball down to prevent player 2 dribbling through the small goal.

Coaching Points: 1st Defender as Before
2nd Defender:
Communication
angle and distance

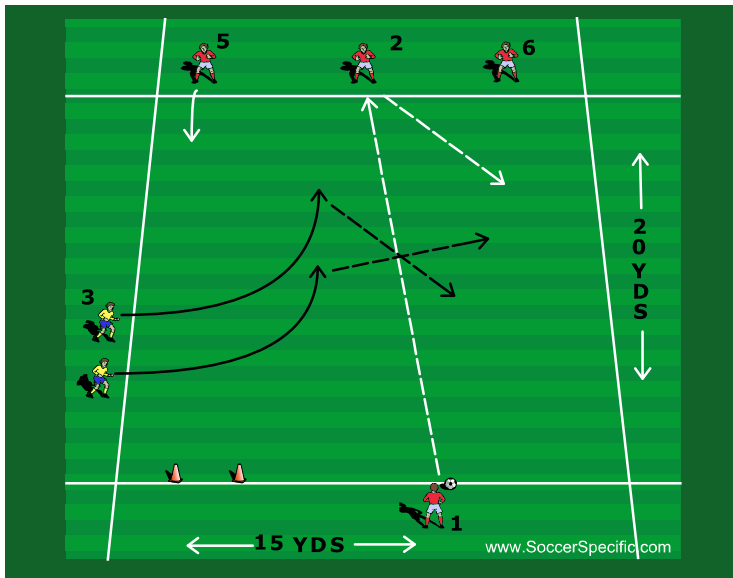


ACTIVITY #4

Set up: Player 1 - Server
Player 2 - Attacker
Player 3 - 1st Defender (Pressure)
Player 4 - 2nd Defender (Cover)
Player 5 - 2nd attacker

Instructions: Player 1 plays ball to player 2. As soon as ball travels player 3 and 4 closes the ball down to prevent player 2 dribbling through the small goal. Player 2 can now combine with player 5.

Coaching Points: 1st Defender as Before
2nd Defender:
Communication
angle and distance
Body position
See the ball and the 2nd attacker
Angle and speed of recovery.



ACTIVITY #5

Set up: Player 1 - Server
Player 2 - Attacker
Player 3 - 1st Defender (Pressure)
Player 4 - 2nd Defender (Cover)
Player 5 - 2nd attacker
Player 6 - 3rd Attacker

Instructions: Player 1 plays ball to player 2, 5 or 6. As soon as ball travels player 3 and 4 closes the ball down to prevent player 2, 5 or 6 dribbling through the small goal. Player 2, 5 and 6 can now combine to score goal

Coaching Points: 1st Defender as Before
2nd Defender: As before