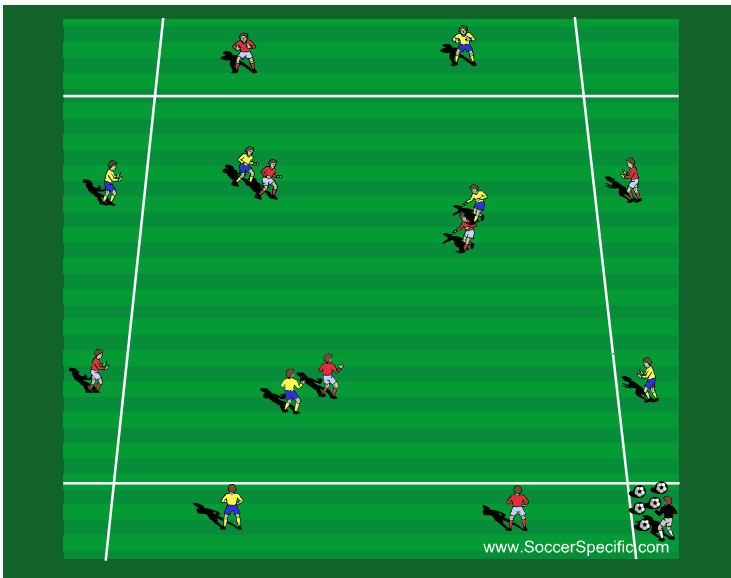


### ACTIVITY #1

**Set up:** Dynamic warm up  
Players move freely in soccer field

**Instructions:** Players work at 50% 75% and 100%  
Players work on the following movements for example Jogging, side steps, back peddling, and jumping, basically any dynamic movements at the above intensity.  
Dynamic stretching is also introduced.  
Progress on to players having a partner (different colours) One player becomes the attacker, the other becomes the defender.  
Attacker tries to lose defender. (work for 30 seconds)

**Coaching Points:** Track player, Stay with in touching distance.

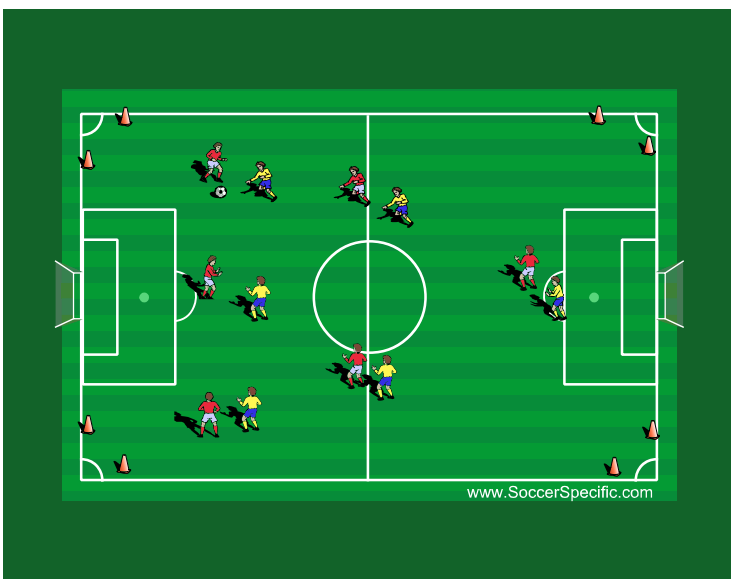


### ACTIVITY #2

**Set up:** 20 x 20 square.  
3 v3 in side square, remaining players on the outside.  
Coach in position with supply of balls

**Instructions:** Players with out possession of ball must mark man to man inside the square.  
To score a goal the attackers in the middle must receive ball from one player and pass to another player of the same colour on the outside, defenders are attempting to deny them this opportunity

**Coaching Points:** Goal side (Behind player)  
See the ball  
See the man  
Distance, when to be loose, when to be tight  
Mentality of man to man marking, you must go with the player



### ACTIVITY #3

**Set up:** 1 goal in each corner of field. 6 players on each team.  
to score you have to dribble through goal.

**Instructions:** The coach works with the defending team only.  
Please note this is Tracking and Marking session and not individual defending or team defending. Cover and Balance is not discussed in this session.  
The defending team has to take responsibility to play man for man and track and mark their player. If a goal is scored, the player who was supposed to be ,marking receives 10 push ups.  
Players do also have to make decisions here. If a player beats a defender and the next defender is close, this player then has to step in and challenge the ball (the problem) and hope that the player that gets beat recovers to pick the spare player up.

**Coaching Points:** Goal side, communicate, see the ball, see the player, Distance - when to be loose, when to be tight. Recover and pick player up if you get beat.