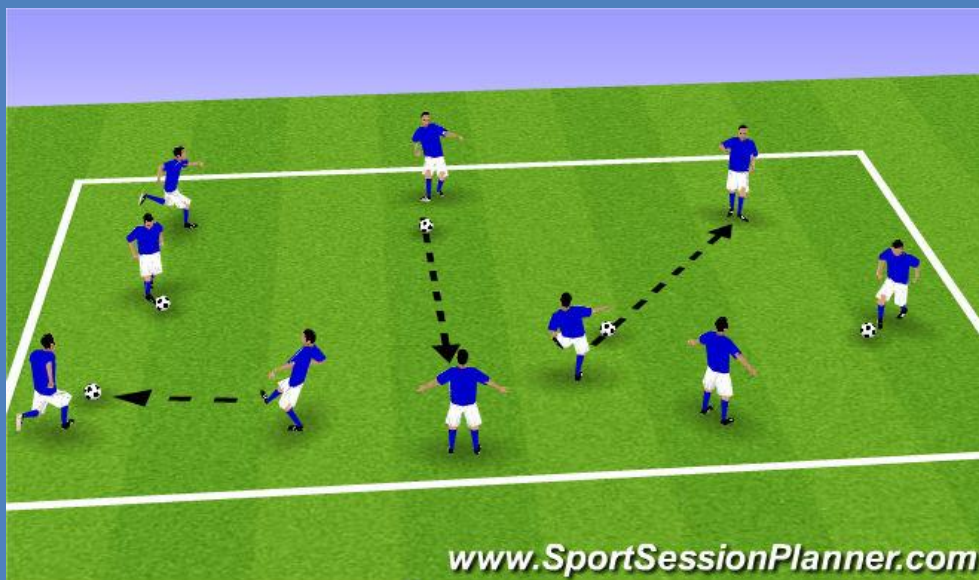


Passing in pairs + pressure



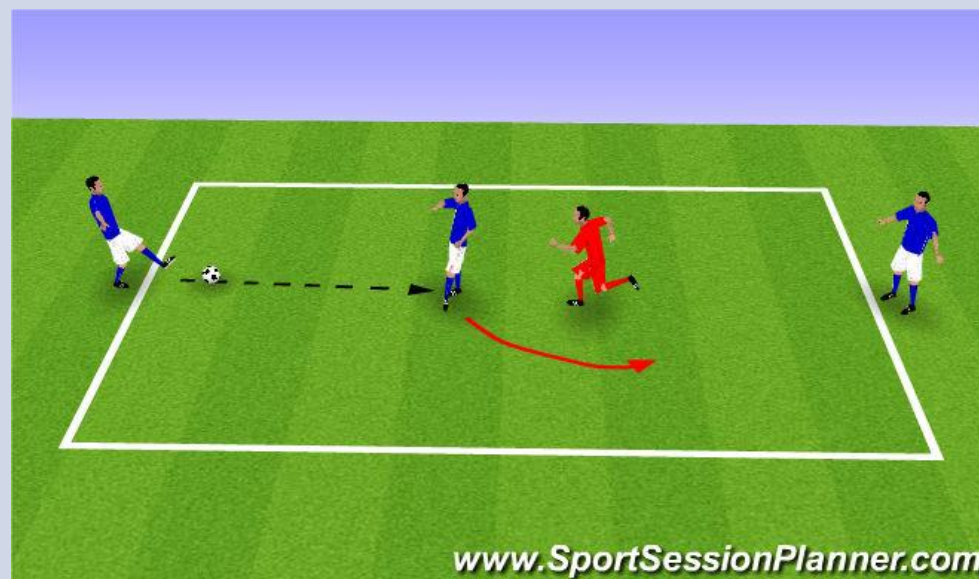
RULES

- In pairs passing and moving
- On coaches command player with the ball shields and player without the ball defends and tries to win ball
- Go for about 10 seconds

POINTS

- Work the pressure
- Quickly make up ground on coach command
- Get arms distance away
- Player with ball should shield and not run away with ball

Defending 1v1



RULES

- In groups of 4
- 2 players on each side of box
- 1 attacking player and 1 defender in the middle
- End players play ball into attacker who tries to turn and play ball to other end player
- Defender tries to stop player passing to other side
- Rotate after 2 mins

POINTS

- Defender must pressure ball
- Make the distance to stop turn
- Get arms distance to see ball
- Don't allow turn
- Be patient- don't dive in

4v4

possession



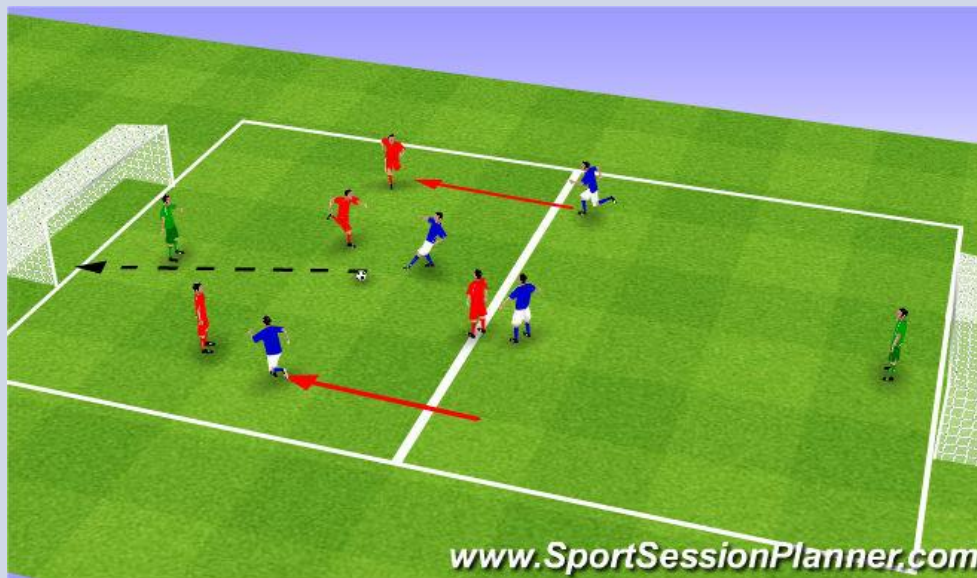
RULES

- 4v4 or 5v5 possession
- Team gets 5 passes get a point

POINTS

- Focus on defending
- Closest player pressures the ball
- Force player one way
- Get arms distance to see ball
- Be patient
- communication

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Closest player pressures ball
- Try not allow players to turn toward goal
- Force one way
- Get arms distance
- Be patient
- Anticipate passes