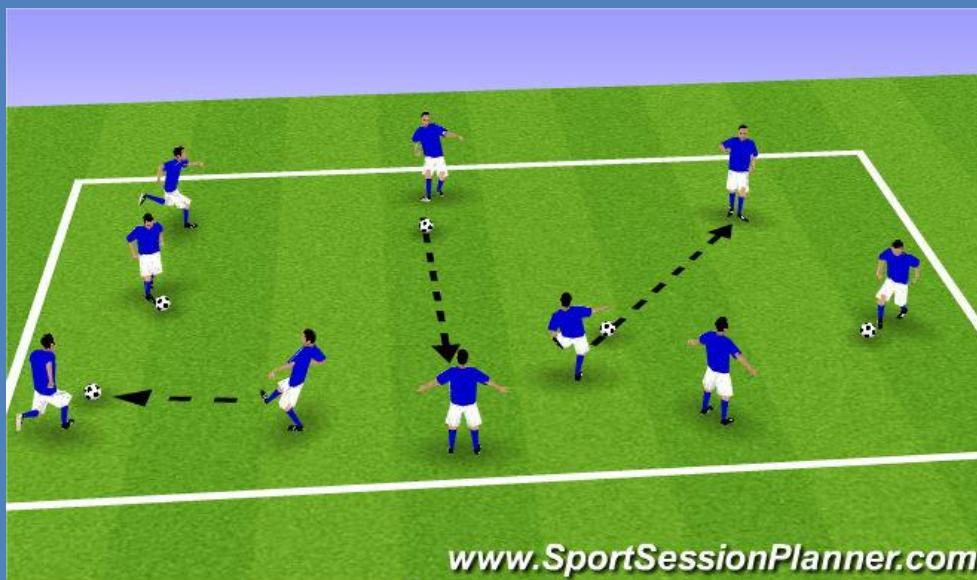


Passing in pairs + Pressure



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

3v2 Defending



RULES

- 3 defenders v 2 attackers
- Attackers start with ball
- Attackers try and get to opponents end line
- Defenders try and win ball
- If defenders win ball they attack the attackers endline
- Rotate player

POINTS

- Pressure
- Support
- Communication
- Try and force player one way
- Work as a group

5v3 defending



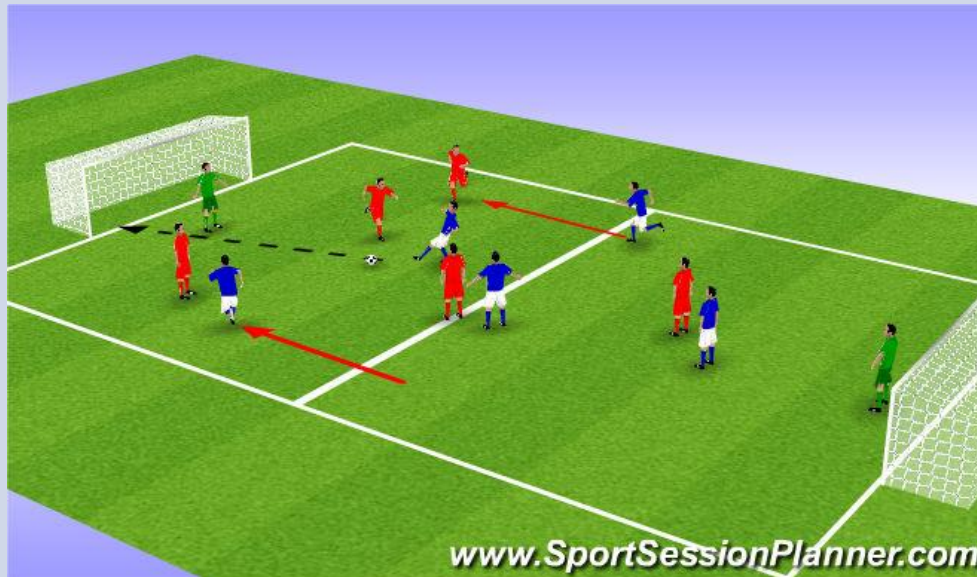
RULES

- Attacking players start with ball
- Attackers go to goal to score
- Defenders look to win ball back and go to 2 cone goals
- Rotate attackers

POINTS

- Pressure ball
- Support
- Communication
- Patience
- Quick transition

6v6 GAME



RULES

- 6v6 with goalkeepers

POINTS

- Look to win ball back
- Quick decisions
- Early pressure
- Support
- Communication
- Patience