



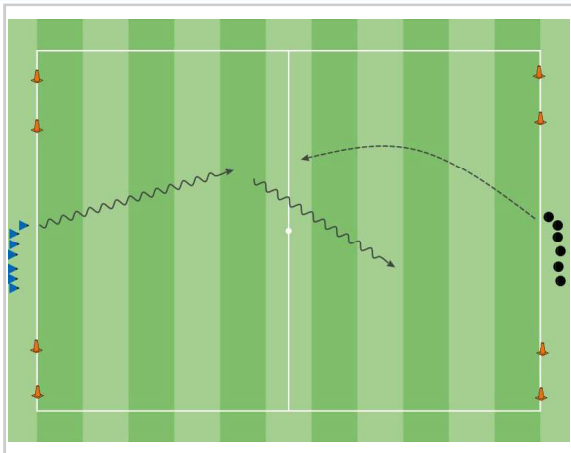
**Topic:** To win the ball in the attacking third and transition to score quickly

**Objective:** To win the ball in the defensive half and play into a target

**Player Actions:** Defend, Pass, Pressure, Cover

**Initial Play Phase - Play as the players arrive**

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



**Objective:** Pressure then cover in 1v1 and 2v2 situations

**Organization:**

In a 20W x 30L yard grid with goals as shown

1v1 then move to 2v2 - Play starts with one team bringing the ball on to the field

One player comes on, other team comes on to defend.

When a team kicks it out (goal, OB, etc) they stay on and defend while new opposition brings new ball

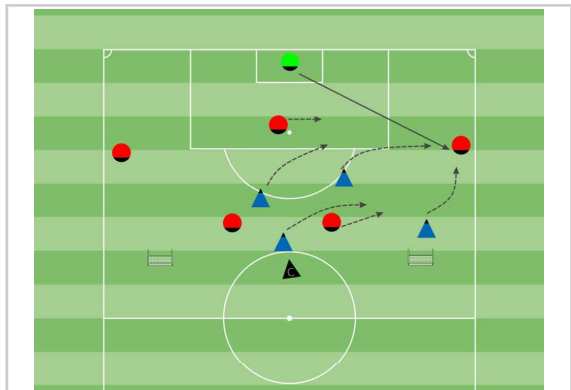
**Coaching Points/Guided Questions**

How to pressure - demonstrate bent run, big steps then small

Recovery run - after scoring, other team should learn to play quickly and player will have to recover

Cues to press hard - bad touch or bad pass from teammate

Where to press - toward teammate in 2v2 - what happens if it goes 2v1 because teammate hasn't recovered? Press away from teammate to make it 1v1 until teammate recovers



**Objective:** To introduce small group defending high up the field - recover the ball in the attacking third

**Organization:**

5+GK vs 4 - area of field less than half in length but full width - start with ball at GK

Let ball play out of back. As soon as ball is played wide press in group to win wide.

Play to large goal and two counter goals

Can play with one forward or two depending on how you play.

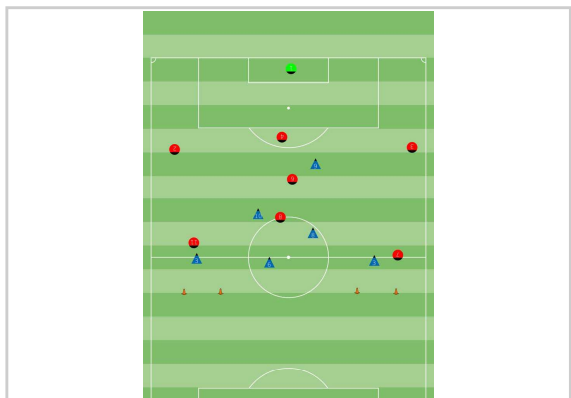
**Coaching Points/Guided Questions**

When to pressure - when ball is played wide, not centrally, if played centrally, drop centrally.

As soon as ball is played wide, pressure as shown to make compact, reduce attacking numbers

Mark other players centrally

Can we make the field compact, win the ball, then transition quickly



**Objective:** To defend in larger numbers to win the ball further up the field.

**Organization:**

Longer grid - just above half

Formation as shown or more replicating the one you use

Two counter goals and one large goal

Start with ball at GK more than other side

**Coaching Points/Guided Questions**

When to pressure - in larger numbers if one goes, we all need to go - Pressure together

Try to win the ball on the flank and transition quickly through the 9

**Final Play Phase - Scrimmage in a larger setting to bring out the topic.**

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - with this session, it would be best to play with more backs than forwards.

How did the players do in achieving the goals?  
 What are three things you did well?  
 What are three things to work on for next



4v4  7v7  9v9  11v11

Moment: When opponent has the ball in our attacking third

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