

## WARM-UP



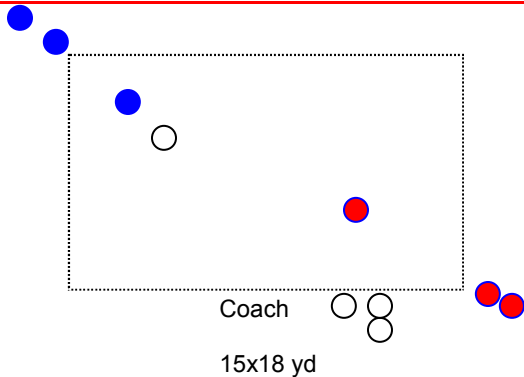
### 1 Dribbler vs 2 Defenders (10 min)

Groups of 3. One player dribbles the ball in a small area (i.e. does not run 40 yds in one direction creating a chase game) taking on 2 defenders. As soon as a defender gets the ball, she becomes the dribbler. The coach should stop the game every 30-45 seconds. The two without the ball should do 2 pushups.

#### Coaching Points

- Defenders communicate on how to get the ball back
- Engage physically, but without fouling

## EXERCISE 1



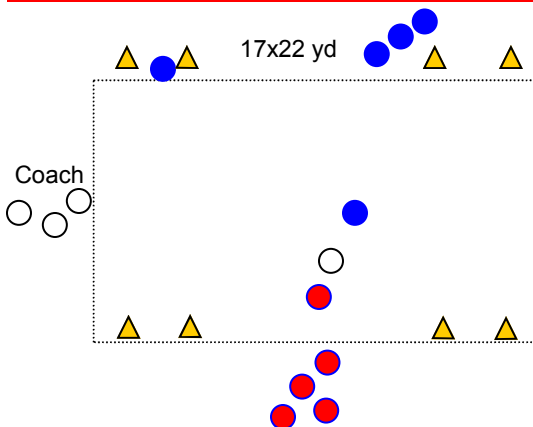
### 1v1(15 min.)

The coach sends a ball to one team or the other. The team that gets to 10 points by dribbling over the other team's endline wins. The ball can be taken by the defender and scored. If the ball goes out of bounds, the play is dead. Players shag their balls.

#### Coaching Points

- Close down the attacker and force to one side or the other
- Delay offensive progress and force a mistake
- Defender should not over-commit (and miss the tackle)
- Defender's goal should be to win the ball

## EXERCISE 2



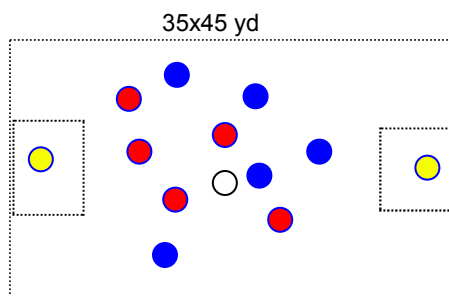
### 1v1; 2v2 (25 min.)

- Start as 1v1.
- Second defensive player blocks one goal and tells other defender to push the attacker towards the blocked goal
- Move to 2v2 after all players play defense and learn how to communicate and push attackers to one side.

#### Coaching Points

- First player is "pressure"; Second defender is "cover"
- Defenders must communicate!
- When to track attackers man-to-man and when to "pass" mark to other defender

## EXERCISE 3



### 5v5 + GKs with big goals (20 min)

- Make subs regularly

#### Coaching Points

- Point out here and there 1v1 and 2v2 defensive scenarios
- Keep the game moving
- Encourage communication on defenses