



STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<p>TECHNICAL WARM-UP</p> <p>1v1 / 1v2 / 2v2</p>		<ul style="list-style-type: none"> -Warm up – “Tag” – with and without balls -Attacker checks to receive pass and plays 1v1 attempting to dribble across opponent’s line – Defender counters If they win possession -Progress to 1v2 then 2v2 	<ul style="list-style-type: none"> -Closing pressure = proper body shape, angle and distance to attacker -Recognize cues to get tighter = negative or bad touch, back to goal, etc -Cover defender distance, angle, communication
<p>SMALL-SIDED ACTIVITY</p> <p>3v4 to Goal w/ Counters</p>		<ul style="list-style-type: none"> -3 attackers v. 2 defenders, 1 MF and a glk -Center line is “offsides” line -Attackers go to goal after breaking the center line -Defenders counter through wide gates 	<ul style="list-style-type: none"> -Closing pressure = proper body shape, angle and distance to attacker -Recognize cues to get tighter -Cover defender distance, angle, communication -Compactness as a group
<p>EXPANDED SMALL-SIDED ACTIVITY</p> <p>6v6 to Goals & Counters</p>		<ul style="list-style-type: none"> -6 attackers = 1.2.1.2 formation -6 defenders = 1.2.2 formation -Center line is “offsides” line -Defenders look to counter to goal = 2 pts or to the wide gates = 1 pt 	<ul style="list-style-type: none"> -Closing pressure = proper body shape, angle and distance to attacker -Recognize cues to get tighter -Cover defender distance, angle, communication -Compactness as a group -When & how to condense space
<p>MATCH</p> <p>6v6 Game</p>		<ul style="list-style-type: none"> - Real Game rules -1.2.1.2 v. 1.2.1.2 	<p>Same as above</p>