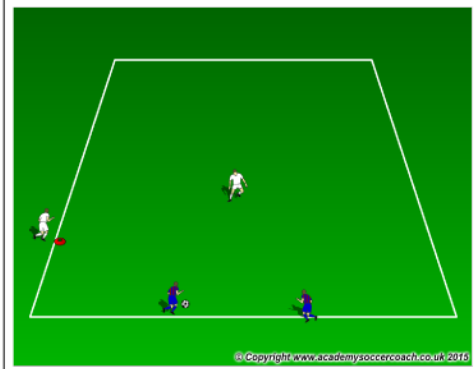


Coach

Session date

Theme



### NOTES

#### Defending in a Grid (Dealing with Numbers Down)

- Stopping the Ball
- Delay
- Recovery
- Keeping the player(s) in front of you
- Communication

#### Open Field Defending- Delay & Recovery

- 2v4 (no recovery)
- 2v4 + 1 recovering
- 3v4 + 2 recovering (1 WMF, 1 DMF)
- 4v4 + 3 recovering

1. 2v1 w/ 1 recovering defender in a grid
2. 2v2 w/ 1 recovering defender
3. 3v3 w/ 1 recovering defender

#### Emphasize

- #'s Down
- Recovery
- Delay
- Communication
- Sorting Out Problems

1. 2v2 + 1 recovering defender to goal (two goals involved)
2. 2v3 + 1 recovering defender
3. 3v3 + 1 recovering defender