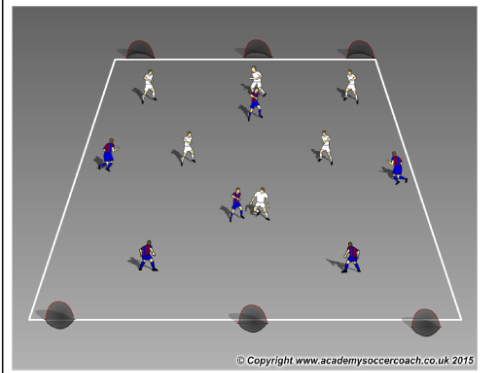
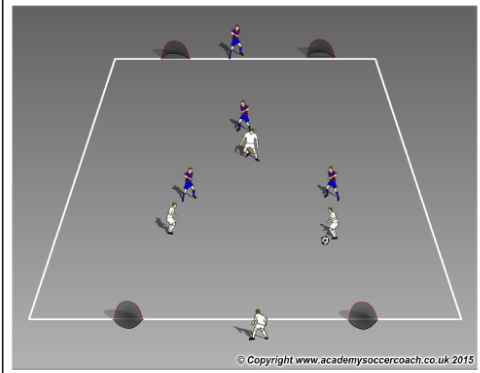
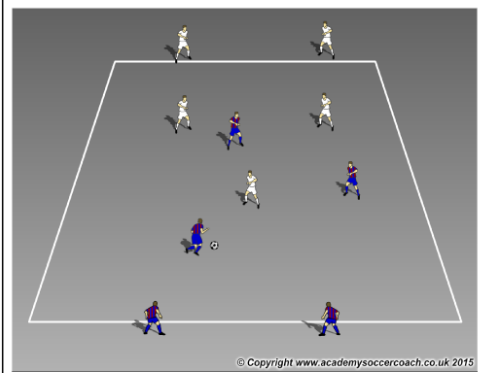
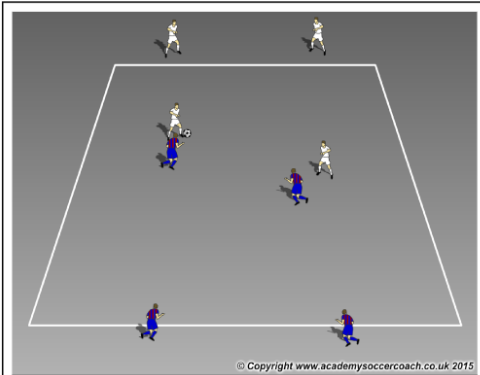


Coach

Session date

Theme



NOTES

2v2 (Pressure & Cover): Ball is played into the attackers who try to dribble over the endline for a point. Play is over when defenders win the ball or the ball goes out of the grid. Emphasis on communication, proper angles and spacing, force in or out.

2v3 (Add a recovering defender): Add a defender who starts on the same side as the attackers. When ball is played in to the attackers, the 3rd defender can join the play making a recovering run.

3v3 (Pressure, Cover & Balance): Progression from previous exercise, introduce the 3rd defender.

1+3v3+1 (The 1 is a server): Ball is played in by the server, team in possession can play back to the server while attacking the two small goals.

6v6: 6 goals, 2 pts for a goal scored in center goal, 1 pt for goal in a wide goal