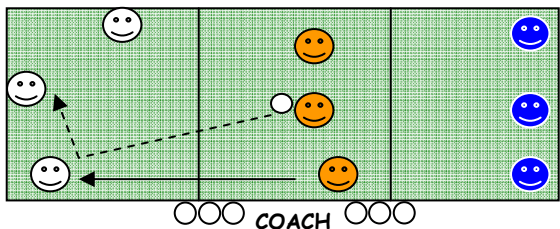
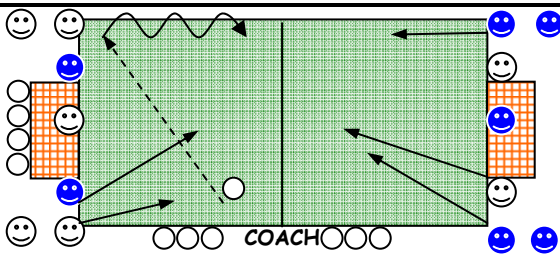
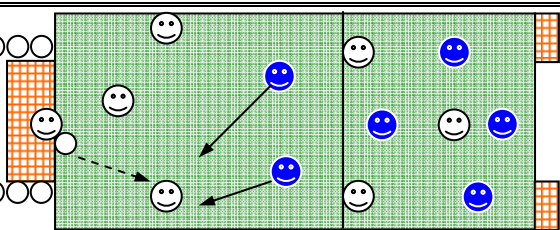
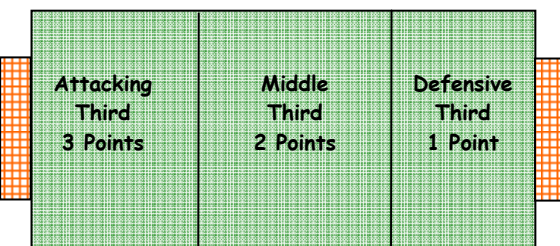


Topic = High Pressure Defending

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	* Divide the group into three's, placing each threesome into a third of the grid * The middle team starts by playing the ball to one of the end teams. One player from the middle breaks out to try and win the ball back. * The end team can play the ball through the other side. * If the Def wins it, they break out and the team that lost possession goes in the middle	* Immediate Chase * Body Position * Force the play into support * Communication
MATCH RELATED ACTIVITY 	* 4v4 including Goalkeepers * Coach Plays the ball in to 2 attackers * 1 Defender tracks back from the same side and 2 Def step forward from the opposite side * A third Att player steps forward from the opposite side * The Att players have to dribble over the half way line * If the Def team wins it back in the attacking half and score the goal counts for two * Progress to allow the Att team to pass the ball over	* Communication * Pressure & Cover * Compactness * Decision Making * Transition
MATCH RELATED ACTIVITY 	* 7 Attackers versus 6 Defenders * Ball starts with GK, Attacking team is trying to score in the two counter goals * If Defensive team wins it they score in the big goal * Add Offside line * Vary the service, coach can distribute in from behind the counter goals.	* Read the cues * Compactness- Stay connected * Tracking Back
MATCH CONDITION ACTIVITY 	* 7 V 7 including GK's * Divide the field into thirds * If a team wins possession back in the Attacking third and score it equals 3 goals * If a team wins possession back in the Middle third and score it equals 2 goals * If a team wins possession back in the Defensive third and score it equals 1 goal * Lift restriction after 10 minutes of play	KEY TO DIAGRAMS ○ = Ball 😊 😊 😊 = Players 🏠 = Goal ~~~~~ = Dribble -----➔ = Pass ➔ = Run
COOL DOWN	Players pass and move in pairs. Stretch	