



ACTIVITY #1
Set up: 25x25 yard box. Players are positioned along the line with another line of players behind them.
Instructions: Players then move from one end to the other performing defensive movements. They then pair up and one player becomes the attacker and one player is the defender. The attacker moves from side to side while moving forward and the defender must move backwards adjusting his body against these movements. Also add a ball so it becomes more game realistic.
Coaching Points: Side on
 pivot on balls of feet
 hand out
 spook
 communication
 focus on ball



ACTIVITY #2
Set up: 16 x 20 yard box. 2 players situated at opposite ends of the box. One defending team one attacking team. Set this up to accommodate the entire squad.
Instructions: Defending team plays ball up to the attacking team and play 2v2. Attacking team try to dribble the ball over the end line. Defending team try to win possession back. If they win possession they then try to dribble over the opposite end line. After the play breaks down the players return to their group and play re-starts again. Rotate players after a set time.
Coaching Points:
 Angled shut down
 Slow down
 Deny
 Delay
 Press in your area
 Depth and cover.



ACTIVITY #3
Set up: 25 x 45 yards. 3 goals set up across each end of the box. Play 4v4 with 2 strikers positioned between the goals.
Instructions: 4 midfield players must try to play one of their strikers, who in turn must return it back to the midfield before they can score in one of the 3 goals. Strikers are limited to 2 touches. Rotate strikers after a set time.
Coaching Points: Fill gaps
 Only press in your area
 See the man and the ball
 Press quickly
 Side on
 Communication (Also from strikers)
 Decide whether opponents have controlled possession or un - controlled possession.
 Track runners (Dont ball watch)



ACTIVITY #4
Set up: 2 areas. Defensive area 25 yards. Midfield area 35 yards. 4v2 in defensive area, 5v4 in midfield area. 1 target man at end. Supply of balls at target man.
Instructions: Play starts in the midfield in a 5v4 situation. They must attempt to play the ball to the strikers and try to score. Defensive unit must attempt to deny any penetration into the strikers. If defending players win possession they then must hit one of the target players quickly. 2 attacking players can then support with one defensive midfield player tracking back. Rotate target players.
Coaching Points: Fill gaps. Only press in your area. See the man and the ball. Press quickly. Side on
 Communication (Also from back 4)
 Decide whether opponents have controlled possession or un - controlled possession.
 Track runners
 All players move in relation to the ball.



ACTIVITY #5
Set up: 3 areas marked out. 2v1 in defending zones and 4v4 in midfield zone. Midfield zone is the largest in size due to this being the main theme of the session.
Instructions: Players play in this formation although players are allowed to move freely in and out of their areas. The only condition being that they go back into their area after the play breaks down (when a goal is scored). Free play
Coaching Points: Pressing
 Communication
 See man through the ball (side on position)
 Close the gaps
 Press in your area.