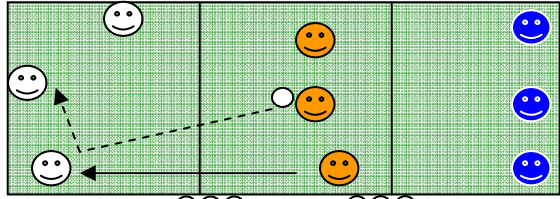
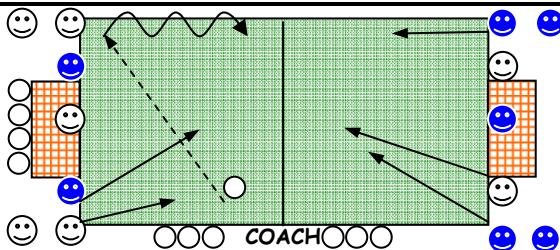
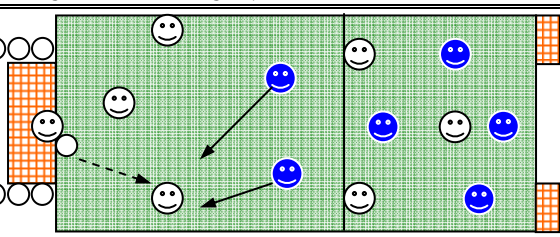
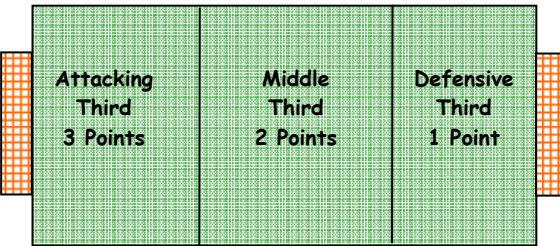


Topic = High Pressure Defending

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Divide the group into three's, placing each threesome into a third of the grid</li> <li>* 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.</li> <li>* The end team can play the ball through the other side.</li> <li>* If the Def wins it, they break out and the team that lost possession goes in the middle</li> </ul>	<ul style="list-style-type: none"> <li>* Immediate Chase</li> <li>* Body Position</li> <li>* Force the play into support</li> <li>* Communication</li> </ul>
	<ul style="list-style-type: none"> <li>* 4v4 including Goalkeepers</li> <li>* Coach Plays the ball in to 2 attackers</li> <li>* 1 Defender tracks back from the same side and 2 Def step forward from the opposite side</li> <li>* A third Att player steps forward from the opposite side</li> <li>* The Att players have to dribble over the half way line</li> <li>* If the Def team wins it back in the attacking half and score the goal counts for two</li> <li>* Progress to allow the Att team to pass the ball over</li> </ul>	<ul style="list-style-type: none"> <li>* Communication</li> <li>* Pressure &amp; Cover</li> <li>* Compactness</li> <li>* Decision Making</li> <li>* Transition</li> </ul>
	<ul style="list-style-type: none"> <li>* 7 Attackers versus 6 Defenders</li> <li>* Ball starts with Gk, Attacking team is trying to score in the two counter goals</li> <li>* If Defensive team wins it they score in the big goal</li> <li>* Add Offside line</li> <li>* Vary the service, coach can distribute in from behind the counter goals.</li> </ul>	<ul style="list-style-type: none"> <li>* Read the cues</li> <li>* Compactness- Stay connected</li> <li>* Tracking Back</li> </ul>
	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* Divide the field into thirds</li> <li>* If a team wins possession back in the Attacking third and score it equals 3 goals</li> <li>* If a team wins possession back in the Middle third and score it equals 2 goals</li> <li>* If a team wins possession back in the Defensive third and score it equals 1 goal</li> <li>* Lift restriction after 10 minutes of play</li> </ul>	<p align="center"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>😊 😊 😊 = Players</li> <li>🏠 = Goal</li> <li>👉 = Dribble</li> <li>-----&gt; = Pass</li> <li>—————&gt; = Run</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	