

Name: OFC

Topic: Coach to Improve Team Shape for Defense

Date: \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p><b>Fundamental - Warm Up</b>      <b>15 min.</b></p> <p>Two teams of 4 playing to end lines</p> <ul style="list-style-type: none"> <li>- time how long a team can deny penetration</li> <li>- interception</li> </ul> <p><b>* STRETCH</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- (O1), (O2), (O3) have created a defensive pocket, (X1) has no support, (O4) is closing down (X1)) from behind the ball</li> <li>- communication</li> <li>- support</li> <li>- balance</li> </ul>
<p><b>Match Related Activity</b>      <b>15 min.</b></p> <p>6 v 6 + targets</p> <ul style="list-style-type: none"> <li>- limit attacking team to two touch</li> <li>- select number of defenders you need behind ball at all times</li> </ul>	<p style="text-align: center;"><b>T</b></p>	<ul style="list-style-type: none"> <li>- (O1), (O2), (O3) have formed a defensive point, (O4) can add verbal pressure to (X1)</li> <li>- speed of play (how quickly can O team get in position)</li> </ul>
<p><b>Match Related Activity</b>      <b>20 min.</b></p> <p>8 v 8 + keeper + Target</p> <ul style="list-style-type: none"> <li>- rotate formation from 3 defenders to 4, or even 5</li> </ul>	<p style="text-align: center;"><b>T</b></p>	<p>target starts game</p> <ul style="list-style-type: none"> <li>- this game shows a four player defense</li> <li>- (X1) is in a off side position</li> <li>- communication must be high</li> <li>- try to isolate player with the ball from team mates</li> <li>- allow game to flow</li> </ul>
<p><b>Match Condition Game</b>      <b>40 min.</b></p> <p>11 v 11 game</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> <li>- looking to defend in numbers defending team must try to achieve pockets and points as quickly as they can</li> <li>- a defensive line must be formed as quickly as possible</li> </ul>
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog &amp; Stretch</p>	