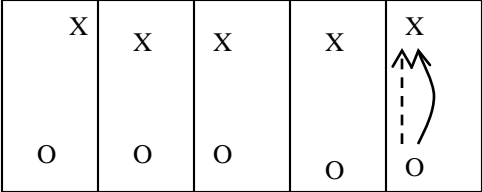
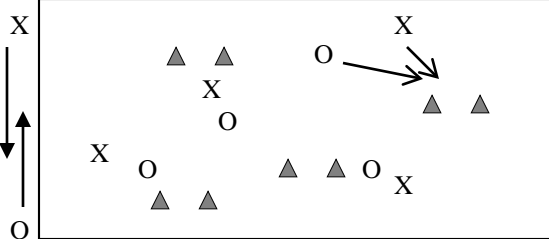
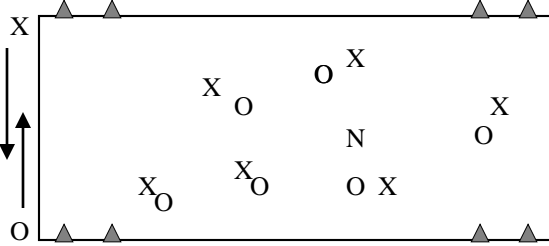


Name: OFC

Topic: _1st Defender

Date:

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

<p>Fundamental - Warm Up 15 min.</p> <p>1 v 1 in grids</p> <ul style="list-style-type: none"> - (O) plays the ball into (X), then (O) must defend the end line - no tackling working on body shape <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - quickly closing down the attacker -slightly bent approach -forcing the attacker to one side - knees bent / low center of gravity
<p>Match Related Activity 15 min.</p> <p>4 v 4 playing to gates</p> <ul style="list-style-type: none"> -man marking for older players - do not allow young players to slide tackle, teach safety first 	 <p style="text-align: right;">25 yds</p> <p style="text-align: center;">35 yds</p>	<ul style="list-style-type: none"> - close down player with ball as quickly as possible -force player into a direction that gives you the advantage -correct pressure -correct type of tackle, toe-poke, block, or slide tackle - timing of tackle
<p>Match Related Activity 20 min.</p> <p>6 v 6 game to goals</p> <ul style="list-style-type: none"> - add neutral players of give defending team a player advantage 	 <p style="text-align: right;">30 yds</p> <p style="text-align: center;">40 yds</p>	<ul style="list-style-type: none"> - correct stance defender should come in side on leaning forward with the intension of looking to tackle -players should be low while keeping balance - 1st defender must take responsibility in their role
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> -do not over commit to the tackle - coach fair play at all times
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	