



U14 Week 1



Topic: Improve the team's ability to build up from the defensive half

Objective: To penetrate from the defensive half with #1, 2, 3, 4, 5, 6, & 8 into the attacking half under control

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>5v0/5v2 to 2 Targets: In a half of the field the GK plays the ball to one of the 4 red players to play out of the Defensive Half as a group possessing the ball going forward pass the midfield line. After a while - Add 2 defenders for a 5v2 in the same space. If the 2 defenders win the ball they can attack the goal.</p> <p>Play 3 rounds of 4 minutes with 1 minute rest between rounds</p>		<p>Q: What is the starting position of the Back 4 when the GK has the ball? A: #2 and 3 should be sideways on by the side line, 4 and 5 should be sideways on by the corner of the 18 as show in the diagram.</p> <p>Q: What foot should the defender use to receive the soccer ball? A: The furthest foot from the ball.</p>
<p>Stage 2 Small Sided Activity</p>	<p>6v3 to 3 Targets: In a 75Wx 60L field the red team (GK, 4 defenders and a center midfielder) play against 3 blue opponents to 3 red targets. If the 3 blue opponents win the ball from the red team they can go to goal.</p> <p>Play 3 rounds of 6 minutes with 1 minute rest between rounds</p>		<p>Q: What should be the first decision of the player receiving the soccer ball? ? A: To penetrate if possible. To keep possession if can they can not penetrate.</p> <p>Q: Where should the #1, 4, 5, 6, 7, 8, 9, 10 and 11) be after the #2 or 3 receives the ball ? A: At good supporting angles, behind (#1), in front (#7, 8, 9, 10 and 11) and to the side (#4,5 or 6).</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v4 to Goal w/ 3 Counter Goals: In a 75Wx 60L field the red team (GK, 4 defenders & 2 midfielders) play against 4 blue opponents. The ball starts with the GK who plays it to a red player. Object of the red team is to score on one of 3 counter goals at midfield. If the blue team wins the ball they can attack the goal.</p> <p>Play 3 rounds of 8 minutes with 2 minutes rest between rounds</p>		<p>Q: When should we build up with short passes or long passes? A: Short passes to keep possessions and long passes to switch the point of attack.</p> <p>Q: Why should we build up? A: To pull the opponent out of their defensive shape</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8: - On a 75Wx80L field, the target team (Red) plays with a 1-4-2-1, the opponent (Blue) plays a 1-3-3-1 - Play the game encouraging players #1, 2, 3, 4, 5, 6, & 8, to recognize when they can build up the attack from the defensive half of the field to the attacking half and #7, 9, 10, & 11</p>		<p>Roles and responsibilities of the Goalkeeper and back line in the build up from the defensive half. Speed of play Execution</p>

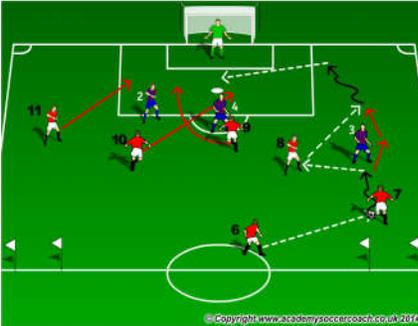


U14 Week 2



Topic: Improves the team's ability to create scoring chances from wide positions

Objective: To create opportunities to score in the attacking third of the field using players #7, 11, 9, 10, 2 & 3

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>3v0/3v1 to Goal In half the field, 75Wx60L with the starting point at midfield, 3 players use different combinations on the flanks before shooting on goal. Add a GK for 3v1. Patterns: Winger runs with the ball and crosses Wall pass and a cross Overlap and a cross Complete each pattern in 10 seconds or less. Do each pattern for minutes each with 1 minute rest in between.</p>		<p>Q: What do you do before making a pass? A: Call the name, make eye contact, watch the ball leave the foot</p> <p>Q: What should the first touch look like? A: Away from the body, away from pressure and into space</p>
<p>Stage 2 Small Sided Activity</p>	<p>6v4 to Goal with Counter Goals: In half the field, 75Wx60L. The red team play to score in the big goal. Blue team can score in counter goals. A hundred point for a one touch finish of a cross. 1 point for every other goal. Play to 300 points. or 5 counter goals. Play 4 rounds of 4 minutes with 1 minute rest in between rounds</p>		<p>Q: What types of services from wide areas can be used? A: Lofted cross, driven ball behind the defense, or a slotted pass</p> <p>Q: What combinations can wide players make? A: Overlaps, wall passes, double pass, 2-3 player combinations IE. #6 plays to #7 who plays a wall pass with #8, # crosses the ball for #9, #10 and #11.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v5 to Big Goals: In a 75Wx70L. The red team in blue's goal. If the blue team wins the ball they try to score in the other goal. Play 3 rounds of 8 minutes with 2 minutes in between rounds</p>		<p>Q: When might you play a long cross vs a short one? A: There is no pressure on the server, there is a forward option to penetrate behind defenders, to change the point of attack or to score</p> <p>Q: Why does playing the ball wide help to penetrate the defense? A: To unbalance the defense, change the point of attack, create numbers up in the attack</p> <p>Q: What are the principles of attack involved? A; Width, Penetration, Support and Mobility</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 - On a 75Wx80L field, the target team (Red) plays with a 1-3-3-1, the opponent (Blue) plays a 1-3-3-1 - Play the game encouraging players to recognize when they can create scoring chances from wide positions using players #7, 11, 9, 10, 2 & 3</p>		<p>Roles and responsibilities of the flank players #s 2, 3, 7 and 11 Speed of Play Execution</p>

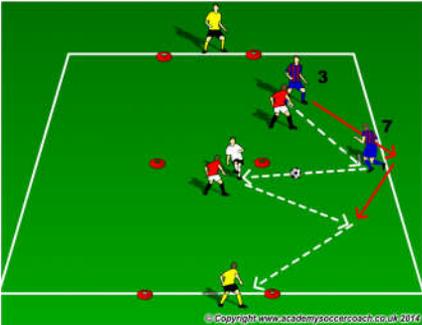


U14 Week 3



Topic: Improve the team's ability to create build up using wide players

Objective: To maintain possession in the attack using players #7, 11, 2 or 3

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>2v2 + 1 to Targets In a 45Wx20L grid with the grid divided into thirds lengthwise, teams of 2 and the +player try to score by playing to a target. Before playing the ball to a target, the attacking team must play through an outer third of the field.</p> <p>Play 3 rounds of 4 minutes with 1 minute rest between rounds</p>		<p>Q: What do you do before making a pass? A: Call the name, make eye contact, watch the ball leave the foot</p> <p>Q: What makes a good pass? A: Pace, accuracy and weight</p> <p>Q - What is the proper body shape to receive the ball on the flank? A - Sideways on, backside along the sideline, body open to the field</p>
<p>Stage 2 Small Sided Activity</p>	<p>5v5 + 2 to Goal On a 75Wx50L field with #7 & #11 as the 2 +players on the flanks, each team is trying to score. Each team must utilize a flank +player in their attack before scoring.</p> <p>Play 3 rounds of 6 minutes with 1 minute rest between rounds</p>		<p>Q - What combinations are used with wide players? A - Overlap, wall pass, 2-3 player combinations, IE. #2 passes to #6 who lays ball back to #2 who plays to #11 who plays forward to #8</p> <p>Q What the principles of play apply? A: Width, penetration, mobility, and support</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v7 to Goal On half the field 75Wx 60L each team plays to score. Encourage teams to play and combine using their flank players to get forward to score.</p> <p>Play 3 rounds of 8 minutes with 2 minute rest between rounds</p>		<p>Q - Why should we use wide players a to build up? A - Help maintain possession going forward, unbalance the defense, creating width and mobility in the attack</p> <p>Q - When use wide players to keep possession? A -The central part of the field is clogged up, numbers up on the flank to combine, if there's a 1v1 opportunity IE. #7 can dribble past opponent's #2</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 -On a 75Wx80L field, the target team (Blue) plays with a 1-3-3-1, the opponent (Red) plays a 1-3-3-1 - Play the game encouraging players to recognize when they can create build up using wide players #2, 3, 7, &11</p>		<p>Roles and responsibilities of wide players when building up in the flanks. Speed of play Execution</p>

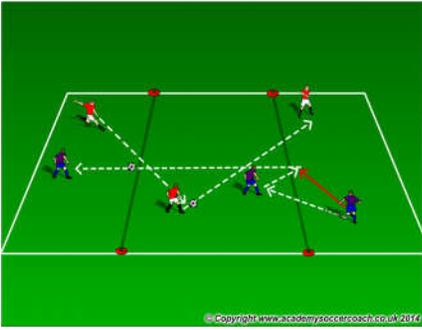
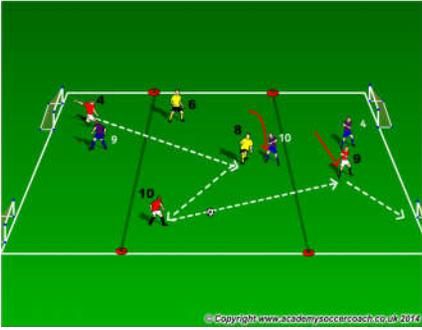


U14 Week 4



Topic: To improve the team's ability to build up through the midfield

Objective: To penetrate through the middle third of the field with #4, 5, 6, 8, 9, 10 into the attacking third under control

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Passing and Moving in Threes On a 40Wx 30L field divided into thirds with one player from each team in each third. Create passing sequences that always involve the player in the middle third as diagram. Back to middle to front Up back and through Variations Wall pass Split passes in the middle third Do each pattern for 3 minutes with 1 minute rest in between patterns.</p>		<p>Q: What should you do before making a pass? A: Call the name of the receiving player, make eye contact, watch the ball leave your foot. (Passer) Watch the ball arrive at your foot (Receiver) Q: What makes a good pass? A: Accuracy, pace and weight Q: Where should the pass arrive? A: To the feet of the receiver (under pressure) or to the space in front of the receiver. Q - What is the proper body shape to receive the ball? A - When possible sideways on with body open to the field so as to receive and turn the ball in one motion quickly</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 +2 to 4 Goals On a 40Wx60L divided into thirds, the +2 players (either #6 & 8 or 9 & 10) stay in the middle third. Attacking team must play a +player before going to goal. Regular goal is 1 point, goal off combination play is 5 points. Play 3 rounds of 4 minutes with 2 minutes rest between rounds</p>		<p>Q - What combinations can be used with central players? A - Overlap, wall pass, 2-3 player combinations, IE. #4 plays to #8 who drops the ball to #10 who plays forward to #9 Q - Where should the support players be? A - 1 in front (#8), 1 behind, 1 on either side of the player with the ball (#6 & #10)</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v6 to Goal On a 75Wx 60L field divided into thirds each team is trying to score. When the Red team is on the attack the ball must be played in the middle third of the field before going to score. Play 3 round of 8 minutes with 2 minutes rest in between rounds.</p>		<p>Q - When do you build up through the midfield? A - When there are numbers up centrally. Q - Why do we build up through the midfield? A: To Effectively penetrate into attacking third to create scoring opportunities. Q: What principles of attack are involved? A: Penetration, Support, Width, Mobility and Improvisation</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8: - On a 75Wx80L field ,the target team (Red) plays with a 1-2-3-2 with a triangle midfield, the opponent (Blue) plays a 1-3-3-1 - Play the game encouraging players #4, 5, 6, 8,, 9 & 10 to recognize when they can build up through the midfield into the the attacking third</p>		<p>Roles and responsibilities of the midfield line #s 6, 8 and 10 Speed of Play Execution</p>



U14 Week 5



Topic: Improve the team's ability to create scoring chances from central positions

Objective: To create opportunities to score in the middle and attacking third of the field using players #9, 10, 6 & 8

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>3v1/3v2 to Goal In the area shown in the diagram 44Wx40L. Three players with the ball start in the zone outside the penalty area performing the 3 scoring patterns listed below. Scoring Patterns: Up(1), back(2) and through(3), a wall pass, or 2-3 player combinations. Rotate player positioning and reload the pattern. Complete each pattern in 6-8 seconds. Do each pattern for 2 minutes with 1 minute rest in between.</p>		<p>Q: What types of passes can be used? A: Accurate push, bent, flick, layoff, disguised passes Q: What is the proper body shape of the #9 to receive the ball? A: When possible sideways on with body open to the field so as to receive and turn the ball in one motion quickly. If not possible square up and play back</p>
<p>Stage 2 Small Sided Activity</p>	<p>4v4 to Goal with 2 targets On a field 44Wx 40L with 2 targets play 4v4 to score. If the defending team w/GK (red team) wins the ball they score by playing it to a target. Play 5 rounds of 2 minutes with 1 minute rest in between rounds</p>		<p>Q: What combinations can central players use to go to goal? A: Overlap, wall pass, 2-3 player combinations, i.e. #10 plays to #9 who drops the ball to #6 who plays to an overlapping #8 Q: What are the components of combination play? Accuracy, pace and weight of the pass. Q: Why use combination play? A: To unbalance the defense in order to penetrate.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>6v6 to Goal In the half the field 75Wx60L with the middle channel (44Wx60L) marked, two teams play to score. Goal scored from combined play through the middle channel is 10 points. All other goals, 1 point. Play 3 rounds of 8 minutes with 2 minutes rest in between rounds</p>		<p>Q: Where should the support players be? A: At good supporting angles and distances, in front behind and on either side of the player with the ball, Q: What are the principles of attack involved? A: Penetration, Support, Mobility and Improvisation.</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8: - On a 75Wx80L field, the target team (Blue) plays with a 1-1-4-1, the opponent (Red) plays a 1-3-3-1 - Play the game encouraging players #6, 8, 9 & 10 to recognize when they can create scoring chances through the middle of the field and penetrate the opponents penalty box to try to score</p>	<p>Roles and responsibilities of the #9 and the midfield line #'s 6, 8 and 10. Speed of Play Execution</p>	



U14 Week 6



Topic: Improve the team's ability to recover the ball in the defensive half

Objective: Regaining possession of the ball in the defensive half of the field with #1, 2, 3, 4, 5, 6, 8, & 10

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>4v4 to Small Goals In a 30Wx40L grid, the team in possession will try to score in the opponent's goal. The defending team as soon as they lose possession must drop behind the midfield line create a defensive block to regain the ball.</p> <p>Play 4 rounds of 2 minutes with 30 seconds rest between rounds</p>		<p>Q: Who applies pressure to the ball? Cover? A: Closest player to the ball provides pressure, the next closest players to the pressuring defender provide cover Q: What is the angle of approach? A: An angle that denies penetration Q: What is your recovery destination? A: Towards your own goal behind the midfield line until you are back behind the ball, then towards the ball</p>
<p>Stage 2 Small Sided Activity</p>	<p>6v6 to 4 Goals: In a 50Wx60L grid with a midfield line and two goals on each end, teams play to score.</p> <p>Scoring: - 100 pts. for any goal scored in the attacking half - 1 pt. for any goal from a corner, or free kick</p> <p>Play 3 rounds of 6 minutes with 1 minute rest between rounds</p>		<p>Q: What are the cues to tackle vs delay? A: To tackle - Bad 1st touch, dribble too far ahead or slow pass (interception) Delay - when the attacker has the ball under control and the defense is numbers down Q: Where should a player recover to, to provide cover? A: Behind the pressuring defender at an angle that denies penetration</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v7 to Big Goals: In a 60Wx70L field with a midfield line, teams play to score in opponents goal.</p> <p>Play 3 rounds of 8 minutes with 2 minutes rest between rounds</p>		<p>Q: What do you look for when you have pressure and cover in place? A: 1. Balance - by the furthest from the ball. 2. Compactness - by the whole group collectively behind the ball (closer to your own goal)</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 - On a 75Wx 80L field the target team (Blue) plays with a 1-4-3, the opponent (Red) plays a 1-3-3-1 - Play the game encouraging players #1, 2, 3, 4, 5, 6, & 8 to recognize when to pressure and win possession of the ball in the defensive half of the field</p>		<p>Roles and responsibilities of the defensive and midfield lines in recovering the ball in their half Speed of play Execution</p>



U14 Week 7



Topic: Improve the team's ability to recover the ball in the attacking half

Objective: Defending in the attacking half of the field with players #7, 11, 9, 10, 8 & 6

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>4v2+2 In a 15Wx30L yard grid divided in two halves, the team of four players will keep possession against 2 defenders in one half of the grid. When the defending team wins the ball, they immediately play to their two teammates in the other grid. The two nearest players from the attacking team enter the other half and try to get the ball back as soon as possible. After 6 Passes, add another defender. Play 4 rounds of 3 minutes with 1minute of rest between rounds</p>		<p>Q: What is the angle of approach? A: An angle that denies penetration</p> <p>Q: What are the cues to tackle vs delay? A: To tackle - Bad 1st touch, dribble too far ahead or slow pass (interception) Delay - when the attacker has the ball under control and the defense is numbers down</p>
<p>Stage 2 Small Sided Activity</p>	<p>5v5 to 6 Small Goals In a 50Wx60L area divided in two halves with 3 goals on each end-line, two teams play to score in any of the opponent's goals. A goal scored after recovering the goal in the attacking half is worth 50 points. the game is to 150 points. Play 3 rounds of 6 minutes with 1 minute rest between rounds</p>		<p>Q: Who applies pressure to the ball ? Cover? A: Closest player to the ball provides pressure, the next closest players to the pressuring defender provide cover</p> <p>Q: Where should pressuring defenders force the play? A: Back towards the attacking team's own goal, or into pressure of several defenders around the ball</p> <p>Q: What is your recovery destination? A: Towards your own goal until you are back behind the ball, then towards the ball</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v7 to Big Goals In a 60Wx70L field, two teams are playing to score in the opponent's goals. Play 3 rounds of 8 minutes with 2 minutes rest between rounds</p>		<p>Q: What do you look for when you have pressure and cover in place? A: You look for the following: 1. Balance - by the furthest defender from the ball. 2. Compactness - by the whole group collectively behind the ball (closer to your own goal)</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 - On a 60Wx80L field the target team (Blue) plays with a 1-2-2-3, the opponent (Blue) plays a 1-3-3-1 - Play the game encouraging players #7, 9, 11,10, 8, 6, 4 & 5 to apply immediate pressure after losing the ball to prevent a counter attack and regain possession quickly</p>		<p>Roles and responsibilities of the midfield and forward lines in recovering the ball in the attacking half Speed of play Execution</p>



U14 Week 8



Topic: Improve the team's ability to defend against the counter attack

Objective: To apply immediate pressure on the ball to eliminate the counter attack

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>3v3 to 2 Small Goals In a 25Wx30L grid, the team in possession will try to score before the defending team has all its players behind the ball. Scoring: - 100 pts. if the attacking team gets into the attacking half quickly and score before all the defending players get behind the ball. - 1 pt. for any other goal. Play 4 rounds of 2 minutes with 30 seconds rest between rounds</p>		<p>Q: What is the angle of approach? A: An angle that denies penetration Q: What is your recovery destination? A: Towards your own goal until you are back behind the ball, then towards the ball Q: What are the cues to tackle vs delay? A: To tackle - Bad 1st touch, dribble too far ahead or slow pass (interception) Delay - when the attacker has the ball under control and the defense is numbers down</p>
<p>Stage 2 Small Sided Activity</p>	<p>5v6 to Goal with 3 Counter Goals In a 50Wx60L field with a midline, the red team with 6 players and the GK try to score on the counter goals against the opposing blue team. Play starts with the GK. The blue team team of 5 players try to win the ball and score on the big goal. Scoring: - 100 pts. for any goal scored within 30 seconds after a change of possession and 1 point for any other goal. Play 3 rounds of 6 minutes with 1 minute rest between rounds</p>		<p>Q: Who applies pressure to the ball ? Cover? A: Closest player to the ball provides pressure, the next closest players to the pressuring defender provide cover Q: Where should pressuring defenders force the play? A: Back towards the attacking team's own goal, or into pressure of several defenders around the ball</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>7v7 to Big Goals In a 60Wx70L field, two teams are playing to score in the opponent's goals. Scoring: - 100 pts. for any goal scored within 20 seconds after a change of possession -1 point for nay other goal. Play 3 rounds of 8 minutes with 2 minute rest between rounds</p>		<p>Q: What do you look for when you have pressure and cover in place? A: You look for the following: 1. Balance - by the furthest defender from the ball. 2. Compactness - by the whole group collectively behind the ball (closer to your own goal)</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 - On a 60Wx80L field the target team (Red) plays with a 1-2-2-3, the opponent (Blue) plays a 1-3-3-1 - Play the game encouraging players #7, 9, 11,10, 8, 6, 4 & 5 to apply immediate pressure after losing the ball to prevent a counter attack and regain possession quickly</p>	<p>Roles and responsibilities of the midfield and forward lines in defending the counter attack. Speed of play Execution</p>	

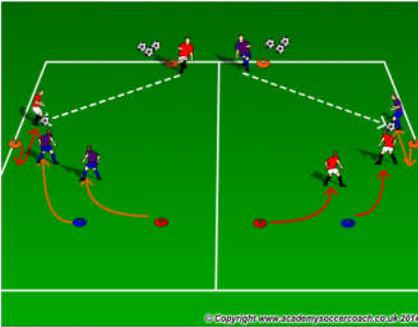


U14 Week 9



Topic: To improve the team's ability to defend against wide attacking play

Objective: To improve the ability of #1, 2, 3, 4, 5, 6 to defend attacking flank play

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>1v2 In a 10Wx20L yard grid the attacking player checks to receive pass. Play 1v2 across end lines. Progress 2v2. Play 4 rounds of 2 minutes with 30 seconds rest between rounds</p>		<p>Q: Who pressures the ball? A: Defender that's closest to the ball applies pressure. Q: What's the speed and angle of approach when pressing? A: At a speed that is quick enough to get close enough to the attacker before receiving the ball and at angle that eliminates attacking player on the wing to penetrate by dribbling or passing. Q: What is the pressing defender's body shape? A: Side ways on, knees bent, and about one and half arm away for the attacker (Touching Distance) Q: Who covers for the pressuring defender? A: The closest defenders to the pressuring defender.</p>
<p>Stage 2 Small Sided Activity</p>	<p>4v4 to 4 Goals On a field 40Wx30L with two goals on each end-line two teams are playing to score. Objective: When on defense, each team works to eliminate attacks down the flanks from the opponent's #7 or #11. Play 3 rounds of 5 minutes with 1 minute rest between rounds</p>		<p>Q: What are the cues to tackle vs delay? A: Bad first touch from attacker, slow pace of the pass, too long a touch from the forward. Q: Where should the first defender provide pressure on a flank attacker? A: At an angle that denies the attacker a penetrating pass or cross, or the ability to continue down the flank and forces the play into the central channel and covering defenders IE. #2 approaches attacker #7 at an angle that eliminates the dribble and penetrating pass and forces play back into #8</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>6v6 to Goal On half the field 75Wx60L each team is trying to score. Objective: When on defense reduce or eliminate attack down the flank or scoring opportunities from the flank by the opponent's #2, 3, 7 or 11. Play 3 rounds of 8 minutes with 2 minutes rest between rounds</p>		<p>Q: What role does the GK #1 play in defending wide attacking play? A: #1 must organize the defense behind the attack to cut out penetrating balls from the flank and have the ability to win crosses Q: Why do you defend against wide attacking play? A: To prevent the opponent from serving crosses into the box, or going around your block of defenders Q: What are the principles of defending involved? A: Pressure, Delay, Cover, Balance and Compactness</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 - On a 75Wx80L field the target team (Blue) plays with a 1-4-2-1, the opponent (Blue) plays a 1-3-3-1 - Play the game encouraging players #1, 2, 3, 4, 5 & 6 to keep the opponent from attacking on the flanks</p>		<p>Roles and responsibilities of the defensive line and the flank players defending in the flanks Speed of Play Execution</p>



U14 Week 10



Topic: To improve the team's ability to defend zonally

Objective: To improve the ability of #1, 2, 3, 4, & 5 to maintain a balanced defensive shape

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>5v3 shadow Play -Moving as a Defensive Unit: In a 44Wx30L grid divided in two sections, one smaller section being 40Wx10L (see diagram). 4 defenders in the large section, 3 passers in the small section. The 3 players pass between each other and the defenders will press, cover and balance as a unit. GK will tell the defenders to: "Press", "step up", "shift right/left", "drop", etc. Do 3 rounds of 4 minutes with 1 minute rest in between. Round 1: Shadow play - attackers do not enter defending zone Round 2: Dribble penetration by attackers only Round 3: Attackers can go to goal</p>		<p>Q: Who pressures the ball? Covers? Balance? A: Defender that's closest to the ball applies pressure, 2nd closest defender(s) provides cover, 3rd defender provides balance Q: What's the angle of approach when pressuring? Covering? A: At an angle that eliminates attacking players or penetrating passes. Covering defender(s) approach at angle that restricts attacking space, compactness</p>
<p>Stage 2 Small Sided Activity</p>	<p>6v5 to Goal In a 60Wx50L two team play to score. Goals are worth double if the attacking team penetrates through the defensive block with a dribble, combination or a split pass. Play 3 rounds of 4 minutes with 1 minute rest in between.</p>		<p>Q: What are the cues to tackle vs delay? A: Bad first touch from attacker, slow pace of the pass, too long a touch from the forward. Q: Where should players recover to provide cover and balance zonally? A: Behind the pressuring defender at angles and distance that closes penetrating gaps IE. #5 & 4 recover diagonally behind #3 while #2 drops and shifts centrally</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>8v7 to Goal On half the field 75Wx60L two teams play to score. One team has a GK, 4 defenders, two midfielders and one striker vs. GK, 3 midfielders and 3 strikers. Play 3 rounds of 7 minutes each with 2 minutes rest in between rounds.</p>		<p>Q: When should #2, 3, 4, 5 "step up" as a unit defensively? A: When the opponent has played the ball backwards, to restrict attacking space,, to maintain compactness between lines Q: Why defend zonally? A: To maintain a balanced defensive shape by being compact vertically and horizontally, control space in front and behind, to be in a better position to win the ball back Q: What are the defending principles that are involved? A: Compactness, Pressure, Delay, Cover and Balance</p>
<p>Stage 4 Conditioned Game</p>	<p>8v8 - On a 75Wx 80L field two teams with a specific formation, 1-4-2-1, 1-3-3-1 - Play the game encouraging players #1, 2, 3, 4, & 5 to maintain a balanced defensive shape being compact so as to control space in front and behind</p>	<p>Roles and responsibilities of the defending and midfield line upon losing possession Speed of Play Execution</p>	