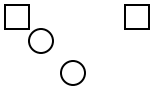
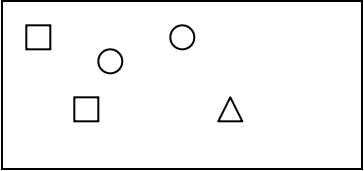
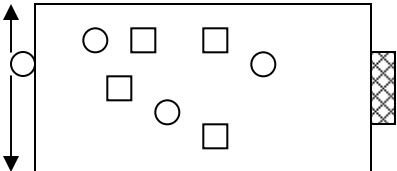
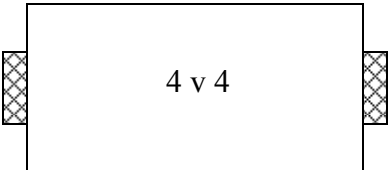




Name:

Topic: Covering defender

Date:

<p>UNRESTRICTED SPACE – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<ul style="list-style-type: none"> ▪ Players in groups of four ▪ Two attackers stand in a line and pass ball back and forth between them ▪ When the ball is passed the defenders move to pressuring and covering positions ▪ Each time the ball is passed the defenders switch roles 	<ul style="list-style-type: none"> ▪ Proper angle of cover ▪ Proper distance – close enough to provide immediate pressure should the first defender be beaten, far enough away as to not be able to have the 1st and 2nd defenders beaten with one move ▪ Covering defender tracks supporting players
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Team plays 2v2+1 in a 35-x-30 yard area ▪ Triangle is a neutral player who plays for both teams ▪ Teams try to complete 5 consecutive passes – get one point for doing so 	<ul style="list-style-type: none"> ▪ Proper angle ▪ Proper distance ▪ Covering defender tracks supporting players <ul style="list-style-type: none"> ○ If a ball were played to the attacker they are tracking they should be able to intercept it or at least apply immediate pressure upon that attacker receiving the ball
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v3 to goal ▪ Team of four attacks goal ▪ After defending team wins ball they can score by passing to the target player 	<ul style="list-style-type: none"> ▪ Proper angle ▪ Proper distance ▪ Covering defender tracks supporting players ▪ Distance of cover will vary depending on the third of the field and the amount of pressure on the ball
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ 4v4 +GK game ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if players are providing good cover