

## Coaches Connection Lesson Plan

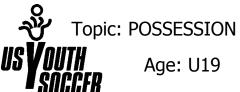


1. WARM-UP			
Ball between three players – moving and passing	Ball between three players – moving and passing	X X X O O O	<ul> <li>Players constantly moving</li> <li>Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> </ul>
2. 4v4v4 KEEP AWAY			
Players organize themselves into groups of four. Play 4v4v4 in a 25-x-30 yard area	<ul> <li>Four neutrals play, one on each end line</li> <li>Teams compete to get 8 consecutive passes</li> <li>Neutrals are limited to 2 to 3 touches</li> </ul>		<ul> <li>Players in good supporting positions</li> <li>Decision making: safety versus risk</li> <li>Communication Good team shape</li> </ul>



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## Lesson Plan



Age: U19

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Now the players organize themselves to play 6v6 in a 40-x-50 yard area	Instead of having goalies, when a team loses possession two members from the defending team drop back to be temporary goalkeepers		0	0 0	<ul> <li>Possess the ball to look for an opportunity to score</li> <li>Players in good supporting positions</li> <li>Decision making: safety versus risk</li> <li>Communication Good team shape</li> </ul>	
4. SCRIMMAGE						
The players organize themselves into two teams of six.	<ul><li>6v6</li><li>No restrictions on players</li></ul>	8	6v6		Observe to see if players are providing good support    Observe to see if the team possess the ball well and with a purpose	
5. COOL-DOWN						
Juggle in pairs.	25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.	Χ.	X		Recap the key points of executing the role of the covering defender.	