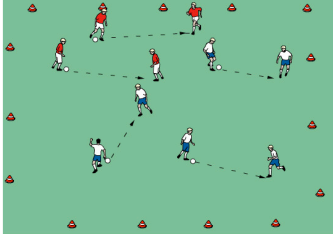

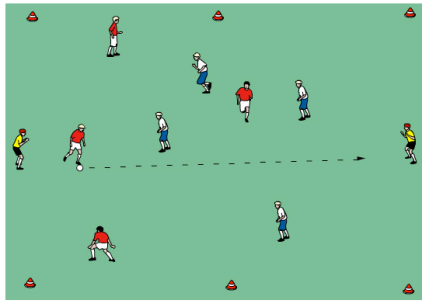
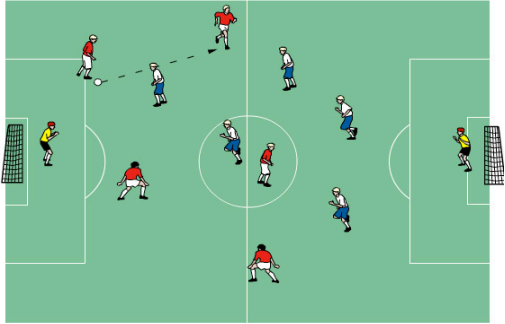


U13/14

Week 4

<b>Theme: They have the ball</b>	<b>Soccer Theme: Best Defender</b>
	
<p><b>Warm Up: Pressure, Steal Ground, or Deny</b></p> <p>Players partner up and pass the ball back and forth to each other. At any moment one person will stop the ball. That is a cue for the other player to apply pressure. Progress to player allowing the ball to go through legs. That is a cue for the other player to run and get the ball (steal ground). Progress to a player stepping on ball and turning. That is a cue for player to close down and deny turn. Finally let the player stopping the ball decide which of the three to do.</p>	<p><b>1st Activity: 3v3 to 3 goals</b></p> <p>Two teams of 3-5. Each team has 3 goals to score on and 3 goals to protect. Work on small group defending.</p>
	
<p><b>2nd Activity: Target Game</b></p> <p>4v4 game. Each team defends a target player and tries to get the ball to the other. Work on small group defending principles.</p>	<p><b>Final Activity: Small Sided Game</b></p> <p>Divide players into groups of 4-6 players with goal keepers.</p>

