

**Warm Up (15 minutes)**

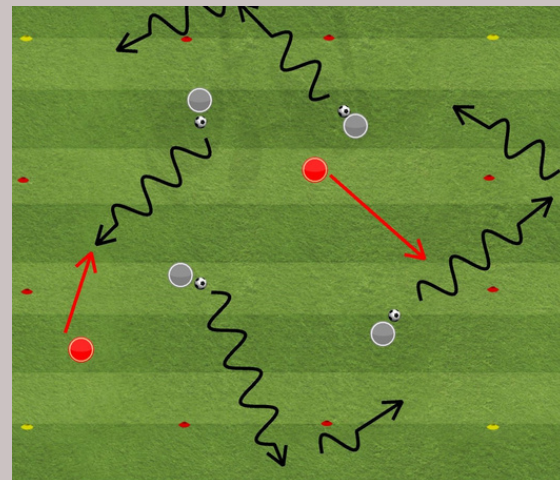
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Start the warm up without a soccer ball. Have a number of defenders trying to defend 4 gates around the area. Non-defenders have to try and run through them with the defenders trying to tag them. Once players understand the game introduce soccer balls so the defender can now try to win the ball from the attackers.

**Progressions:** If players lose their ball they must perform a ball mastery move before they are allowed to continue the game.

**Regressions:** Add extra gates to help attackers. Add extra defenders to increase defensive success. Remove the ball aspect if players are struggling.



**Technical (20 minutes)**

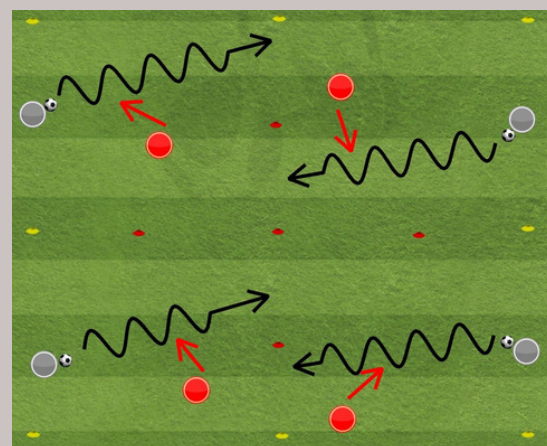
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Split the area into 4 (more if you need it). Have an attacker v defender in each area and the object is for the attacker to dribble from one side of the area to the other. The defender must delay them and create an opportunity for themselves to win the ball from the attacker.

**Progressions:** Decrease the size of the area to help the defender get some success. Every time they make it to the side its 1 point, have them swap roles if the defender wins the ball.

**Regressions:** Remove defender and just have players working in the same area but opposite directions. Give the attacker a pinnie to have tucked in to their shorts for the defender to grab to make it easier for the defender.



**Game (25 minutes)**

**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls, Goals, Bibs.

Set up a small sided game, with 4 goals. Make sure teams are small 3v3, 4v4 (5v5 depending on the players). Ensure there is a lot of space for players to play and get plenty of touches on the ball during the game.

**Progressions:** Introduce conditions to focus on defending. If defending teams win the ball its 1 goal, if they intercept the ball it's 2 goals. Reward both attacking and defending individually.

**Regressions:** Remove any conditions and allow the players to play freely. Remove goalkeepers to make it more successful for the outfield players.

