

## Rondo (10 mins)

Setup: 6-8 v 2 in a 10 yard square

Defensive Coaching Cues:

Communicate who is pressing

Try to switch pressuring defender after each pass

Pressuring defender should approach from an angle

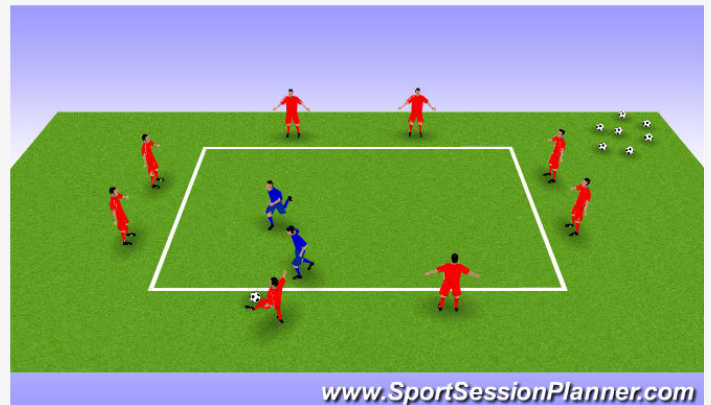
Pressuring defender should attempt to force pass in an intentional direction

Covering defender should read partner's body language and anticipate pass

Covering defender should approach at an angle to prevent a split pass

Covering defender should press hard after pass is made before offense can possess

Pair plays for 2 minutes



## 5v3 (15 mins)

Setup: large field with 2 mini goals and a full goal. NOT half field. Probably 1/4 field.

Blues defend full sized goal with keeper. Red defends 2 mini goal.

Coaching Cues:

Continue focus on press and cover.

Balancing third defender is similar to cover, but without the added risk of the split. Balance defender seeks to prevent an undefended switch of play.

Begin the coaching of a press. When the ball is received by the outside offenders, the defenders should begin to PRESS hard and tackle immediately. It requires communication and team work. Keep the pressing cue to a minimum. Maybe even press only when the outside offender receives the ball on a bad touch.

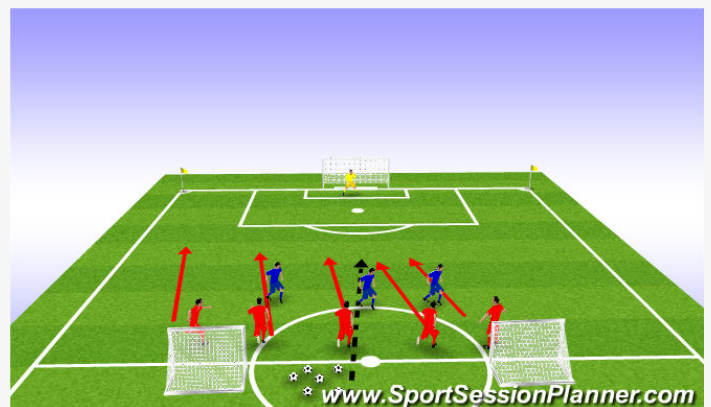


## 5v3 Extension (15 mins)

As before, now begin with coach (or second GK) sending a long ball over the top.

If defender can't assuredly get to the ball before offense. Defender should recover between ball and goal.

Via communication, the other two defenders need to



## Big Game

Play the largest game you can in the space available. Be sure the defensive team is numbers down, approximately  $n v n-2$ . Coach should be on field with defense. They do not play, but they verbally help the defense know when to step up, when to drop back and when to PRESS.

