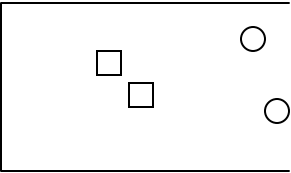
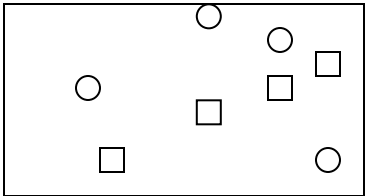
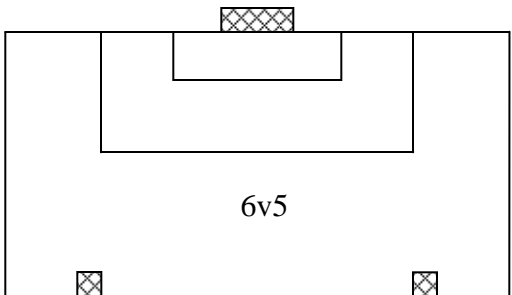
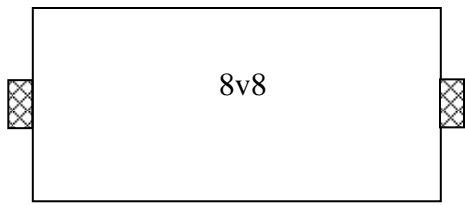




Name: Matt Callahan

Topic: Central Defenders

Date:

<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Play 2v2</li> <li>Have the two backs defend a line</li> <li>Have other members of the team take turns trying to beat the two backs and dribble past a line (have a server play the ball to the players who are taking the backs on)</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Principles of defense</li> <li>Tighter cover in the defensive third</li> <li>Communication – verbal and visual (cues)</li> <li>Controlled tenacity (aggressive but don't make foolish mistakes that will allow the defense to be easily beaten)</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 line soccer</li> <li>Teams score by dribbling the ball under control over the opponent's end line</li> </ul> <p><b>Progressions:</b> Add small cone goals for the teams to attack</p>	<ul style="list-style-type: none"> <li>Principles of defense</li> <li>Tighter cover in the defensive third</li> <li>Communication – verbal and visual (cues)</li> <li>Controlled tenacity (aggressive but don't make foolish mistakes that will allow the defense to be easily beaten)</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p>  <p>6v5</p>	<ul style="list-style-type: none"> <li>Play 6v6, the team of 6 attacks the two counter goals while the team of 5 attacks the large goal</li> <li>Play for a set period of time</li> </ul>	<ul style="list-style-type: none"> <li>Principles of defense</li> <li>Tighter cover in the defensive third</li> <li>Communication – verbal and visual (cues)</li> <li>Controlled tenacity (aggressive but don't make foolish mistakes that will allow the defense to be easily beaten)</li> <li>Functional role of center backs (if one of them makes a run up the field who will cover their space, do you want them to make runs up the field?)</li> </ul>
<p><b>GAME – TWO GOALS</b></p>  <p>8v8</p>	<ul style="list-style-type: none"> <li>Play 8v8</li> <li>The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field</li> <li>Have the team you are coaching play a 4-3-1 against a 3-3-2</li> </ul>	<ul style="list-style-type: none"> <li>Principles of defense</li> <li>Tighter cover in the defensive third</li> <li>Communication – verbal and visual (cues)</li> <li>Controlled tenacity (aggressive but don't make foolish mistakes that will allow the defense to be easily beaten)</li> <li>Functional role of center backs</li> </ul>