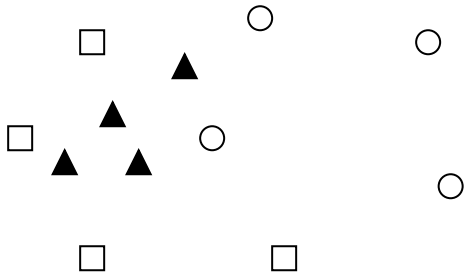
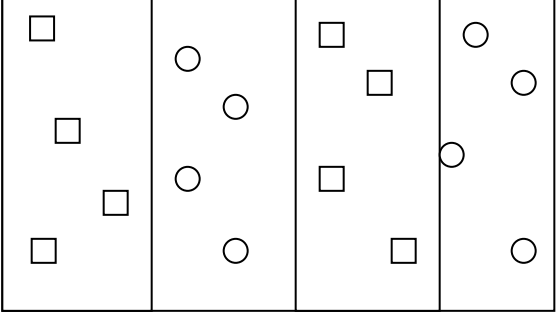


PRACTICE THEME: The back four

DIAGRAM	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> Play 4v4+4 in a large grid Two teams of four combine to play 8v4, when a team loses the ball the group of 4 responsible for the loss of possession now plays defense Award a point to the defending team each time they are able to win possession of the ball 	<ul style="list-style-type: none"> Stay compact, if you do not move as a group you will not win the ball 1st defender needs to funnel the attack 2nd and 3rd defenders need to read what the 1st attacker is doing and adjust accordingly Angles and distances of support to cut off passing lanes –don't get split
	<ul style="list-style-type: none"> Set up grids as shown (each lane is 10 long by 30 wide) Place the back four in one of the middle grids and any reserve defenders in the other middle grid Play with one ball, teams get a point for playing a ball through the other team to their teammates If the ball is intercepted then that team tries to play a ball through to their teammates 	<ul style="list-style-type: none"> Recover diagonal when the ball is passed laterally to cut off through ball passing angles Good shape – stay compact and staggered (pressure, cover, balance) Communication (verbal and non-verbal) Don't chase, each time the ball is passed someone else should step
<ul style="list-style-type: none"> Play 8v8 with GK's in a PK box to PK box field To score, a team must pass the ball to the other team's GK (defense needs to pressure quickly to avoid a long lofted ball and have good shape to stop balls from going through) Play for a set time period and see who scores the most points Progress to playing a full game to goals 	<ul style="list-style-type: none"> Stress defense shape (when attacking, don't be flat or one intercepted pass will beat all the defenders) Back line needs to read the cues → If the 1st attacker is pressured and has their head down (i.e. can't play a long ball) then compress/compact space and step up, if the 1st attacker has a lot of time and space step back Stay connected, if the ball is dropped 10 yards and we pressure for those 10 yards then the back line needs to step up to keep our shape and stay connected 	
SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!		