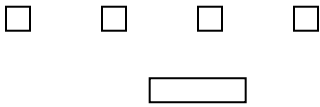
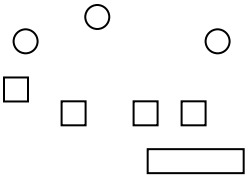
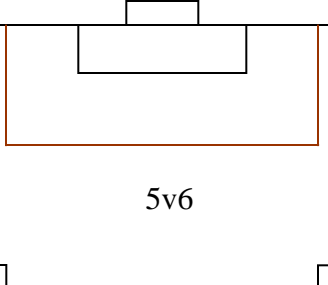
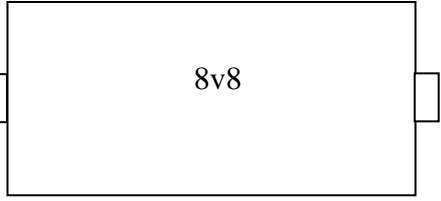


<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Play 0v4 (shadow training) ▪ Discuss and demonstrate the roles and functions of the different players when playing a zone defense 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Player functions and roles ▪ Team shape ▪ Principles of play ▪ Offside space and role of GK ▪ Communication – verbal and visual
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 3v4 ▪ Have a server play a ball to the 3 attackers who try to score on the big goal, if the defenders win the ball they look to play it up the field to the server <p>Progressions: Add players</p>	<ul style="list-style-type: none"> ▪ Player functions and roles ▪ Team shape ▪ Principles of play ▪ Offside space and role of GK ▪ Communication – verbal and visual ▪ Safety vs. risk
<p>ONE GOAL WITH COUNTER</p>  <p style="text-align: center;">5v6</p>	<ul style="list-style-type: none"> ▪ Play 5v6 ▪ The team of 5 attacks the large goal and the team of 6 (including the zone defenders) attacks the two small counter goals <p>Progressions: Add players</p>	<ul style="list-style-type: none"> ▪ Player functions and roles ▪ Team shape ▪ Principles of play ▪ Offside space and role of GK – Gk is more of a sweeper keeper who runs on to balls played over the top ▪ Communication – verbal and visual
<p>GAME – TWO GOALS</p>  <p style="text-align: center;">8v8</p>	<ul style="list-style-type: none"> ▪ Play 8v8 ▪ The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field ▪ Have the team you are coaching play a 4-3-1 against a 3-3-2 	<ul style="list-style-type: none"> ▪ Player functions and roles ▪ Team shape ▪ Principles of play ▪ Offside space and role of GK ▪ Communication – verbal and visual