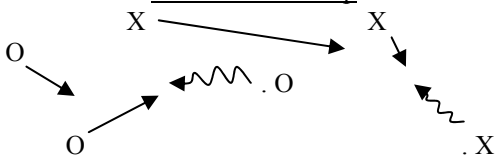
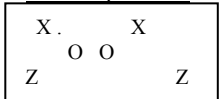
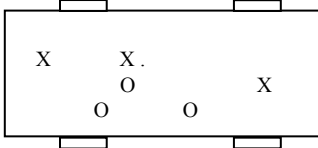
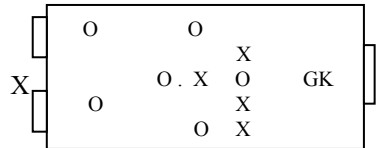
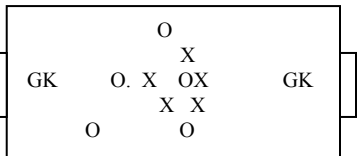


## Olympic Development Program - District Select

### Small Group Defending

<p style="text-align: center;"><u>Technical Warmup</u>      10 mins</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> <li>• Free space, Groups of 3 w/ 1 ball</li> <li>• Pass and move within group</li> <li>• On coach's call, play 1v2</li> <li>• Dribbler tries to split defenders</li> <li>• After 1v2 battle return to pass and move</li> </ul>	<p style="text-align: center;"><u>Coaching Points/Guiding Questions</u></p> <ul style="list-style-type: none"> <li>• Communication (pressure/cover)</li> <li>• Speed and angle of approach</li> <li>• Defensive stance/balance</li> <li>• Angle and distance cover</li> </ul> <p><b>How can the coverer help the pressurer?</b></p>
<p style="text-align: center;">Dynamic Movement including defensive footwork      5 mins</p>	<ul style="list-style-type: none"> <li>• Backward shuffle at angles</li> <li>• Drop step (pivot to change direction)</li> <li>• Crossover step (turn hips to accelerate)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay low (bent knees) and balanced</li> <li>• Quick feet to rotate hips quickly</li> </ul> <p><b>Can you put shuffle, drop step, and crossover together in rapid sequence? Why?</b></p>
<p style="text-align: center;"><u>Warmup Game</u>      10 mins</p> 	<ul style="list-style-type: none"> <li>• 15x10; 4v2 possession in teams of 2</li> <li>• Team that loses possession defends on the fly</li> <li>• Teams start with 5 points and lose a point on each successful split pass.</li> </ul>	<ul style="list-style-type: none"> <li>• Establish pressure/cover - communication</li> <li>• Switching roles quickly as ball moves</li> <li>• Instant transition to defense and attack</li> </ul> <p><b>How do you prevent the split pass?</b></p>
<p style="text-align: center;"><u>Small Sided Activity</u></p> 	<ul style="list-style-type: none"> <li>• 20 x25; 3v3 four-goal game</li> <li>• Score in 2, defend 2</li> </ul>	<ul style="list-style-type: none"> <li>• Communication (“Ball,” “Push L/R”)</li> <li>• Speed and angle of pressure</li> <li>• Angle and distance of cover</li> <li>• Balance to protect weakside goal</li> </ul> <p><b>How can we make the attack more predictable?</b></p>
<p style="text-align: center;"><u>Expanded Small Sided Activity</u></p> 	<ul style="list-style-type: none"> <li>• 50x40</li> <li>• 6v4+GK to big goal w/ counter target/goals</li> <li>• When defending team wins ball target enters field to help attack counter goals</li> </ul>	<ul style="list-style-type: none"> <li>• Communication (“Step, Drop, Slide”)</li> <li>• Technique of pressing</li> <li>• Angle and distance of cover</li> <li>• Recognize cues to win ball – e.g. poor touch, weak pass, ball in air, # advantage</li> <li>• Look to counter to target quickly and support</li> </ul> <p><b>Why should we stay compact/squeeze together?</b></p>
<p style="text-align: center;"><u>Game</u></p> 	<ul style="list-style-type: none"> <li>• 50x40</li> <li>• 6v6 to big goals</li> </ul>	<ul style="list-style-type: none"> <li>• Communication, starting with GK</li> <li>• Staying connected – def. team shape</li> <li>• Patience/pressing considerations</li> <li>• Transition, incl. dead ball restarts</li> </ul> <p><b>When and why should we step and pressure or when should we drop and squeeze?</b></p>
<p style="text-align: center;">Cool Down: Easy movement and stretch</p>		<p style="text-align: center;"><b>What did we learn today?</b></p>