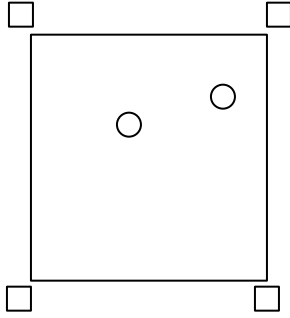
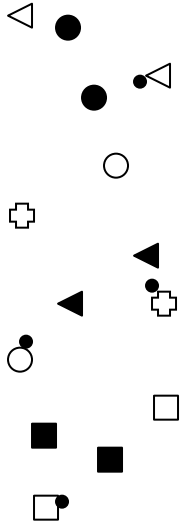
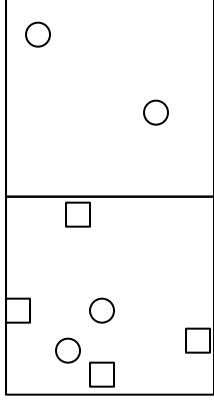
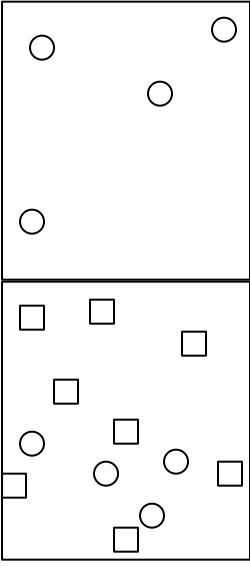


PRACTICE THEME: Cover Defending – 2v2

DIAGRAM	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> Split the team into groups of 6. 4 players stand near the corner of a 10x10 grid and stay there. Two defenders are in the middle of the grid. The 4 attackers pass the ball from corner to corner and try to split the defenders (passing it in-between them). Play for 60 seconds and see how few “splits” the defending pair can give up. Switch defenders. 	<ul style="list-style-type: none"> Shape! Pressuring defender should approach at an angle to push the play towards the covering defender. If pressure is broken it may be necessary to drop off a bit and regain shape before pressuring again (let them go around but not through). Keep the play in front of you – no splits!
	<ul style="list-style-type: none"> Everyone has a partner. A little more than half the pairs have a ball and are passing and moving. The remaining pairs have to try to win a ball from a pair that has one. If they do so, the pair that lost the ball is now defending. Defending players should stay with their pair and not split apart. 	<ul style="list-style-type: none"> Pressure and cover, push the play towards your covering defender. Verbal and non-verbal communication between the two defenders.
	<ul style="list-style-type: none"> Play 4v2+2. Make two 10x10 or 12x12 yard grids adjacent to each other. Teams play 4v2 in one of the grids and the remaining two players (teammates of 2 defenders in the other grid) are in the other grid. The 4 attackers try to possess the ball. The 2 defenders try to win the ball and play it to the other side to their teammates, then two former attackers move to the other grid to defend. 	<ul style="list-style-type: none"> Make play predictable by good pressure Don't get split When the ball is passed, recover at an angle backwards to cut off the passing lane for a split or wall pass.
	<ul style="list-style-type: none"> Play 8v4+4 – same thing as above but now combine two groups in a larger space. 8v4 in one half with the other 4 in the other grid. When the 4 defenders win it they play it to the other side. The 4 defenders are going to have to work together to win the ball back from the 8. 	<ul style="list-style-type: none"> Team defending – can you play smarter to direct the attackers where you want them to go...get them into one part of the field and then keep them there to win the ball. It is better to have the other team play around you (slows them down) rather than through you.
<p>SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!</p>		