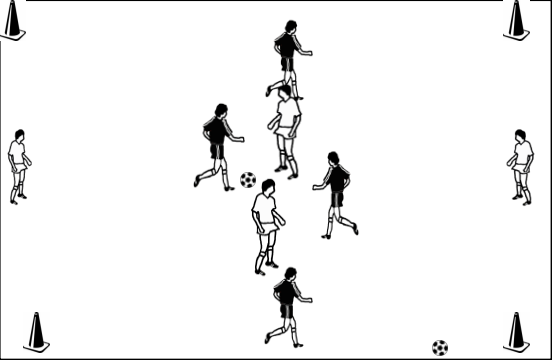
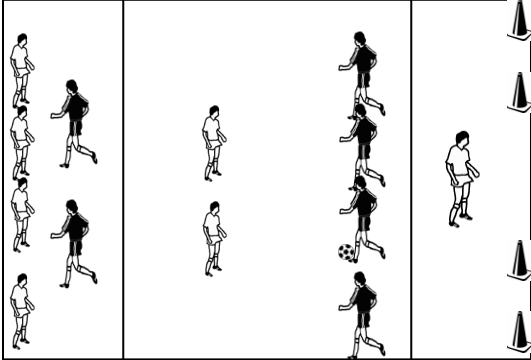
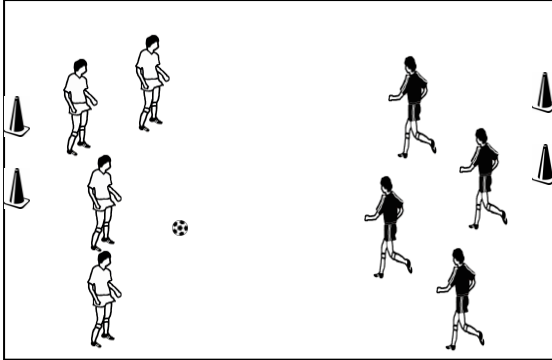
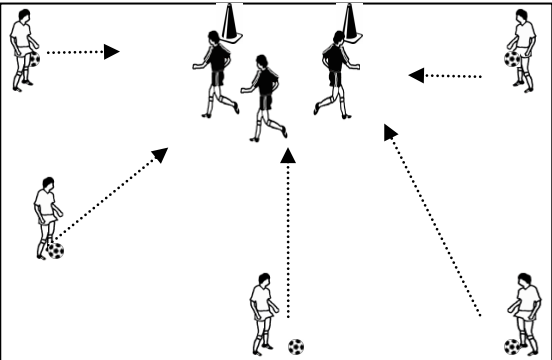
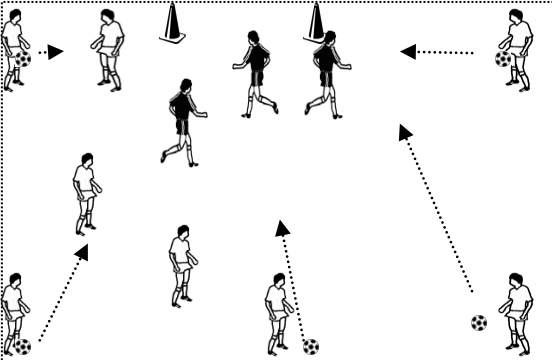
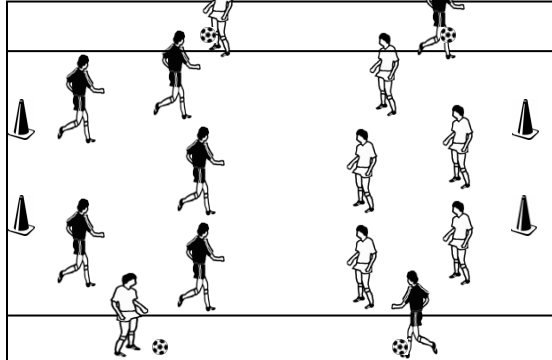


## U17/U18 WEEK 7

<b>Unopposed</b>  Defending  <b>Organization</b>	<b>Game Related</b>  Defending  <b>Organization</b>	<b>Conditioned Game</b>  Defending  <b>Organization</b>
 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 2v2 in a box with opposite side players playing for both teams</li> <li>• Player attempt to win possession and change point of attack</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Tight man to man marking</li> <li>• Cutting off the angle of the pass</li> <li>• Pressuring man on the ball when in corner</li> <li>• 2<sup>nd</sup> defender knowing when to cover or pressure</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 4v3 in middle area and 4v2 in defence</li> <li>• Aim is to attack from the middle area and create opportunities for back 4 to defend</li> <li>• Once defending team has the ball they can try and instigate a counter attack at other end</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Be aware of attacking runs</li> <li>• Shuffle across as a team left to right</li> <li>• Keep midfield players in full view when moving</li> <li>• Challenge ball when it first comes into area</li> <li>• 2<sup>nd</sup> defender to provide cover</li> <li>• Quick ball out of defence to attacking area either by long ball / short ball inside</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 4v4 teams must decide which defensive strategy to employ</li> </ul> <p>Man v Man Marking                      Low Pressure – players all drop behind the ball once lost                      High Pressure – All players press opposition team in immediately after losing ball</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Timing of challenge</li> <li>• Communication</li> <li>• Decision of which defensive strategy to use</li> </ul>

## U17/U18 WEEK 8

Unopposed	Game Related	Conditioned Game
<p>Defending: Free kicks/ Throw In</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players in white each start with a ball and a number, upon the coaches call they knock the ball into the area</li> <li>• Players at side must throw the ball in</li> <li>• Players in black are to attack the ball when it comes into the area and clear the ball back out to the wide areas</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quality of balls into the box</li> <li>• Defending area by attacking ball</li> <li>• Cover for player attacking the ball</li> <li>• Clearing the ball out of danger area</li> </ul>	<p>Defending/Attacking: Free kicks/ Throw In</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Exercise is same as before only there are attacking players who are live</li> <li>• These players can come short or go long into the box to begin attack</li> <li>• Once they have the ball game becomes live and all players are involved to help the attack</li> <li>• Game is dead once team in black gets the ball</li> <li>• Rotate each team of players so they get a chance at each position</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Defending area and attacking ball</li> <li>• Covering player attacking the ball</li> <li>• Clearing the ball out of danger area</li> <li>• move around the box to make it hard to mark</li> <li>• vary runs, short etc, work on set plays</li> </ul>	<p>Defending/Attacking: Free kicks/ Throw In</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Both teams have 2 players who play in a coned off area</li> <li>• These players have a number of balls at their feet and if a ball goes out of possession in favour of their team on their side they must start the attack again</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quickness of attack</li> <li>• Movement off the ball</li> <li>• Awareness of ball being played in</li> <li>• Being prepared after losing possession e.g. dropping back, marking player</li> <li>• Switching point of attack</li> </ul>