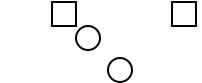
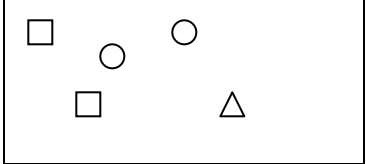
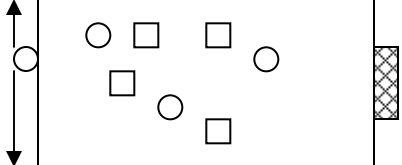
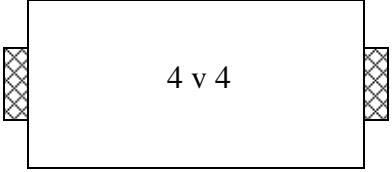




Name: Matt Callahan

Topic: Covering defender

Date:

<p><b>UNRESTRICTED SPACE – WARM UP</b></p>	<p><b>ORGANIZATION</b></p>	<p><b>KEY COACHING POINTS</b></p>
	<ul style="list-style-type: none"> <li>▪ Players in groups of four</li> <li>▪ Two attackers stand in a line and pass ball back and forth between them</li> <li>▪ When the ball is passed the defenders move to pressuring and covering positions</li> <li>▪ Each time the ball is passed the defenders switch roles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Proper angle of cover</li> <li>▪ Proper distance – close enough to provide immediate pressure should the first defender be beaten, far enough away as to not be able to have the 1<sup>st</sup> and 2<sup>nd</sup> defenders beaten with one move</li> <li>▪ Covering defender tracks supporting players</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul>	<ul style="list-style-type: none"> <li>▪ Proper angle</li> <li>▪ Proper distance</li> <li>▪ Covering defender tracks supporting players               <ul style="list-style-type: none"> <li>○ If a ball were played to the attacker they are tracking they should be able to intercept it or at least apply immediate pressure upon that attacker receiving the ball</li> </ul> </li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>	<ul style="list-style-type: none"> <li>▪ Proper angle</li> <li>▪ Proper distance</li> <li>▪ Covering defender tracks supporting players</li> <li>▪ Distance of cover will vary depending on the third of the field and the amount of pressure on the ball</li> </ul>
<p><b>GAME – TWO GOALS</b></p> 	<ul style="list-style-type: none"> <li>▪ 4v4 +GK game</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if players are providing good cover</li> </ul>