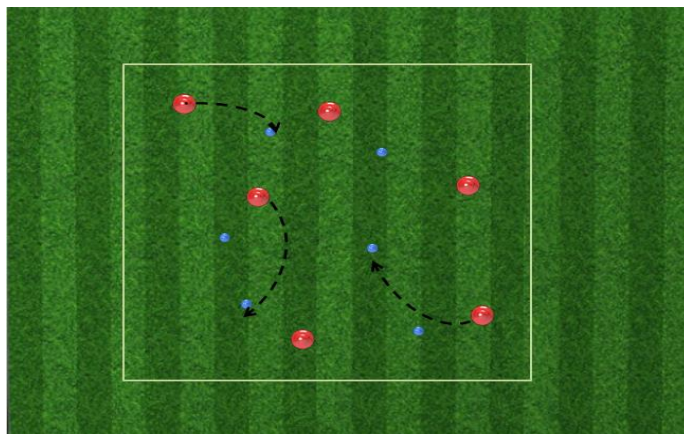


Musical Chairs.

How to: Set out a 35 x 35-yard area with an equal number of cones to the number of players you have. Spread the cones randomly throughout the area. Players simulate in-game movements as a warm up (jumping to head the ball, jockeying for the ball, sprints, quick changes of direction etc.) When coach signals, players must move quickly to a cone and assume a defensive stance (1 player per cone). After each round remove a cone and create a quick elimination game.

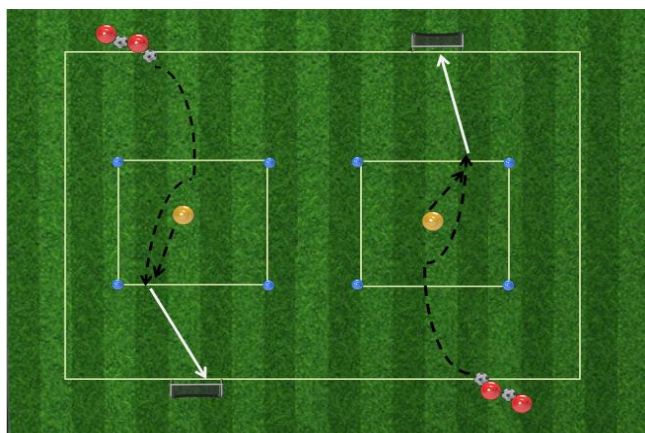
Coaching Points: Defensive positioning: side on, even weight distribution, low centre of gravity, touch tight. Knowing your surroundings, reaction times.



1v1 Defending the advancing attacker.

How to: set up two 12 x 12-yard area inside a 35 x 35-yard area. A start line at one side and a Pop Up Goal at the other end. 1 defender in each area. Attackers must dribble into the area and attempt to exit the other side of the square before shooting on goal. Defenders must try to force players outside either side of the square but not allow the attacker to pass.

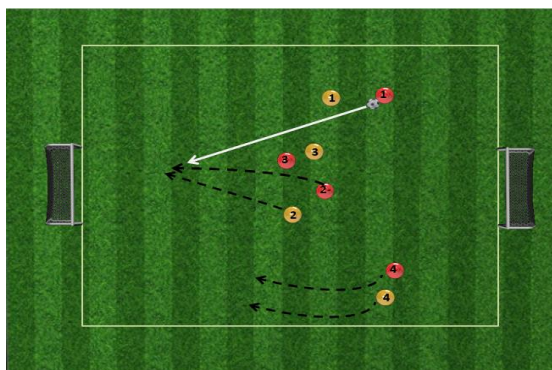
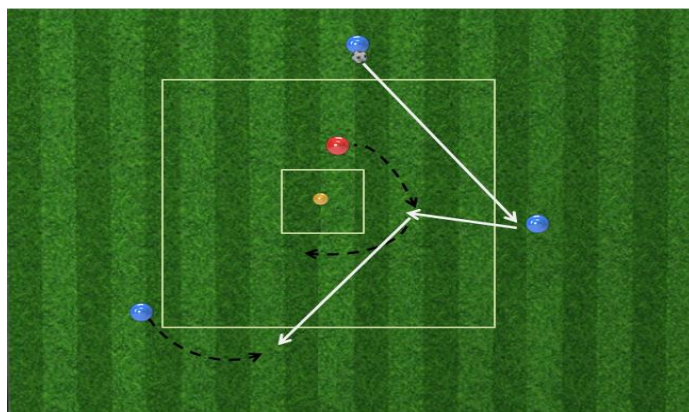
Coaching Points: This game should be played at half speed. Attackers should allow the defender to practice proper form by approaching at half speed then slowly building up to full speed. Proper approach, get touch tight, make play predictable.



Defending the cone

How to: 20 x 20-yard square with a 3 x 3 yard area in the middle. Place a cone/target in this central area. One defender occupies the middle area with 3 or 4 players around the outside. Outside players must work opportunities to take a shot at the target and knock it over. The defender must move to block all attempts.

Coaching Points: Defender must move their position quickly to cut off angles and restrict opportunities. Anticipate play and change direction quickly to prevent attacks, determination and hard work are key ingredients for success here.



Opposite numbers- Man Marking SSG

How to: Set up two even teams and number each player. Each player has an opposite number on the opposing team. Player 1 Yellow can only challenge player 1 red for the ball and vice versa. This is a conditioned Man-Marking game.

Coaching Points: Know your surroundings; keep an eye on your opposite player when you don't have the ball. Track runs and restrict space. When in possession, move quickly to lose your marker, use space when it becomes available. Communicate with team mates constantly.