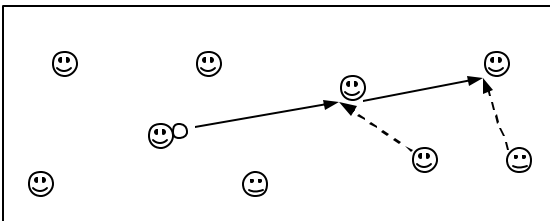
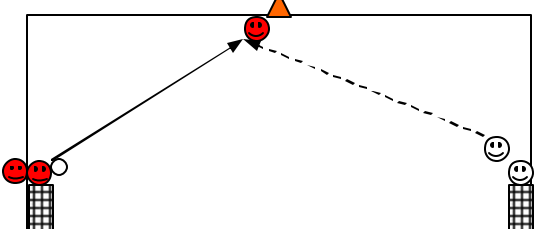
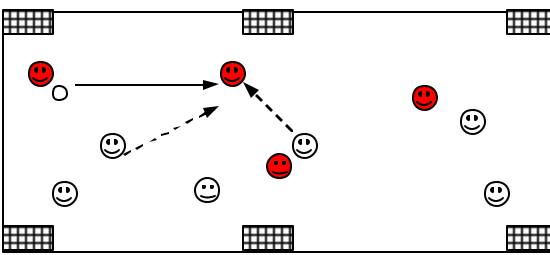
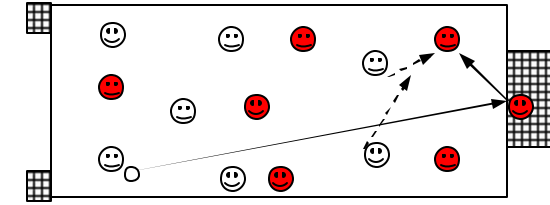











# AMHERST SOCCER ASSOCIATION

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><b>First Defender</b>            In a large group the team passes the ball around. The nearest person to the player receiving the ball must place that player under pressure.            To progress the two nearest players to the player receiving the ball must place that player under pressure. The second defender wins a point if they can cut out the next pass being made.</p>	<ul style="list-style-type: none"> <li>? Communication</li> <li>? Immediate Chase</li> <li>? Delay</li> <li>? Pressure</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<p><b>1v1 to goals</b>            Set up the grid with two small goals in two opposite corners. Defenders stand next to one goal, attacking players stand next to the other, with one attacking player standing next to the cone as shown in the diagram. The attacking team plays the ball in to the person standing at the cone, who has to try and turn and score past the defender. The defender must win the ball and try and score in to the attacker's goal.</p>	<ul style="list-style-type: none"> <li>? Read the pass</li> <li>? Immediate Chase can I cut out the initial pass</li> <li>? Delay</li> <li>? Deny the attacker the opportunity to turn</li> </ul> <p><b>Progression</b>            Players now play 2v2</p> <ul style="list-style-type: none"> <li>? Cover</li> <li>? Balance</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<p><b>High Pressure Defending</b></p> <ul style="list-style-type: none"> <li>? Area 40 yards x 25 yards</li> <li>? 6 v 4 coaching the team with 6 players</li> <li>? Defensive team to have a 4-2 formation</li> <li>? 3 goals on the end lines for each team to score into</li> <li>? The team with 4 players always starts with the ball</li> <li>? You can limit the number of touches that the team with 4 players is allowed</li> </ul>	<ul style="list-style-type: none"> <li>? Read the pressure, can we shut down quickly or be patient and invite the pass in?</li> <li>? Force play into where we have numbers up</li> <li>? Team Shape, if one player moves in to win the ball, the team must move as a unit</li> <li>? Communication</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>? Preferred area size of 65 yards x 50 yards</li> <li>? 7 v 6 with the team of six having a GK</li> <li>? Coach the team of 7, who's job is to win the ball and score in the large goal</li> <li>? The defensive team have two counter goals to try and score in</li> <li>? The ball starts with a deep attacking player, who plays a long pass through to the Goal-Keeper</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li> = Attacking Players</li> <li> = Defensive Players</li> <li> = Pass</li> <li> = Cone/ Disk</li> <li> = Ball</li> <li> = Running</li> <li> = Goal</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	



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