



Zebras vs. the Crocodiles

Used as a fun warmup

Time 10 minutes

Setup

Field/space 20x25

All players with a ball

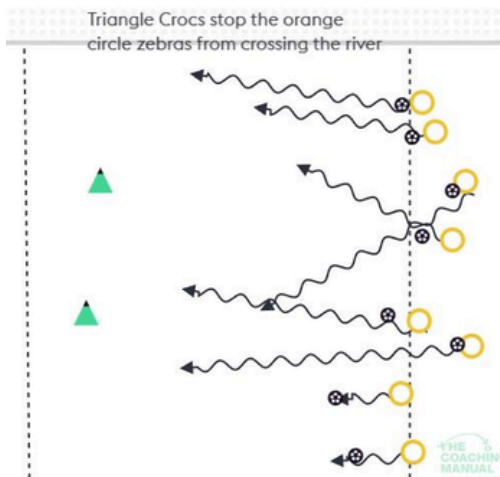
Coaches will act as the crocodiles and defend

Player who lose their ball will help the coaches

Coaching Points

Keep the ball at a good distance where you can always reach it to stop, or change direction

Reward them if they do last weeks move (inside cut)... you will let them pass



1 v 1 Defending

Time 10 minutes

Setup

Small cone squares to defend

Partner up 1 ball

Attacker scores a point if they can dribble into the mini square

Defender scores a point every 7 seconds of defending

Coaching Points

Coach lets them play for 7 second then awards points

Defender turns body slightly sideways

Defender needs to lead the attacker in the direction they go

Defensively do what you need to stop the attacker from scoring. Toe poke, tackle or win the ball

Water Break

1 v 1 Defending a Goal

Protect the area in front of your goal

Time 10 minutes

Setup

Coach plays the ball to an attacker. Attacker can only shoot within attacking triangle

Defender runs out and defends ONLY in the defending triangle

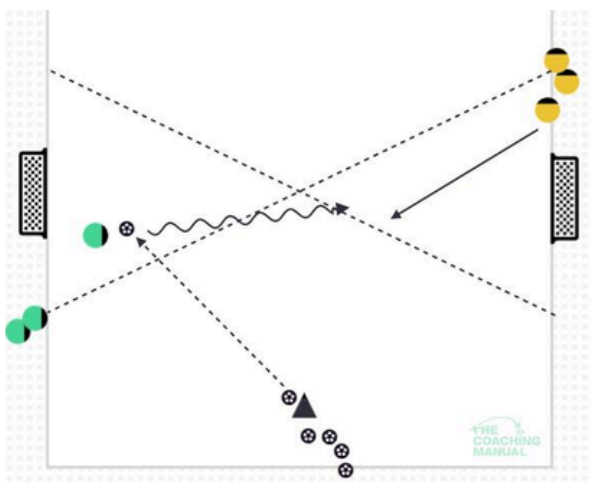
Coaching Points

Defender quickly closes space

Makes attacker dribble to one side or the other

Try to make the attacker dribble outside the triangle area and they are out

Coaches choice as to what team gets the ball. You have 5 or 6 seconds to get a shot off our your done





Defender Warm Up

Time 10 minutes

Setup

Field/space 20x20 +-
Set up 4 goals

2 players defend the goals 4 players have balls

Defenders have the tough job of defending multiple goals

Coaching Points

Focus on the Defender!

Approach the player with the ball but don't dive in

Wait till the attacker makes a mistake and gets too close before you tackle and knock the ball away

Water Break

4 Goal Game

Defending

Time 10 minutes

Setup

Field should be 20x20 with endzones to play into

Attack and defend both goals

Equal numbers on both teams

Coaching Points

The added goal makes the defensive angles constantly change as the ball moves

Protect the and defend so the ball is pushed wide and away from either goal

Game Time

Remind Players to Shield

Time 20 minutes

