

Practice – Passing Defensive play / Finishing

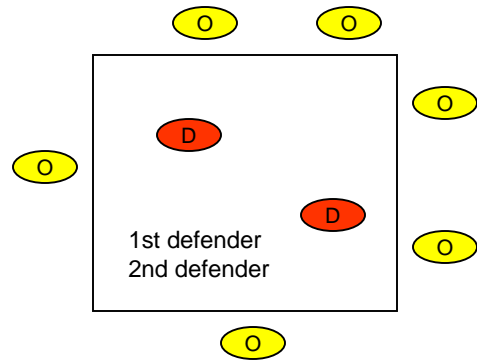
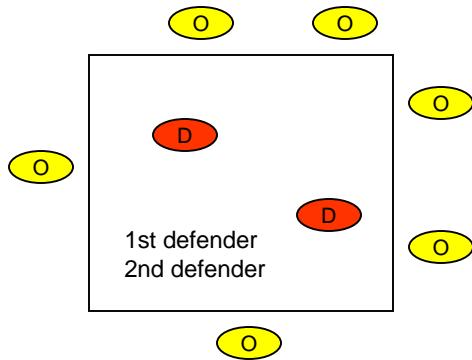
Warm ups - Long kicks

Normal footwork

15 minutes

Defensive Play - 1st defender, second defender

15 minutes

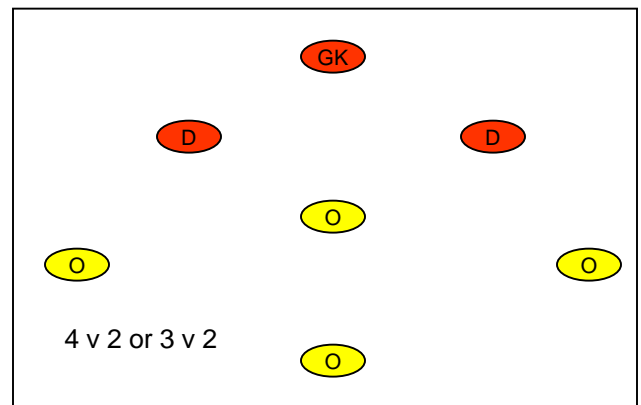


Half field play

15 minutes

Develops: defensive confidence, defenders awareness of offensive red zone, crossing and finishing

Three offensive players start at midfield -- one in each wing and one in center. The defense is manned by two defenders and a goal keeper. The defenders are told to channel the ball wide, be very patient, give up wide shots or crosses, one defender is to stay central eject any cross, the other defender starts play by playing a ball to one of the wingers. This defender works hard at keeping the ball wide and allowing the winger to penetrate deep on that side. If defenders skills are low then add a rule that the offense must take the ball into a corner before they can go to goal. Offense gets two points for each goal and the defense gets one point for each cleared ball. Your team should soon see the difficulty in scoring with shots from wide angles. They learn the value of defensive patience - going for the ball only when the offense makes a mistake. The offense gets plenty of practice in crossing balls and timing finishing runs.



Scrimmage

15 minutes