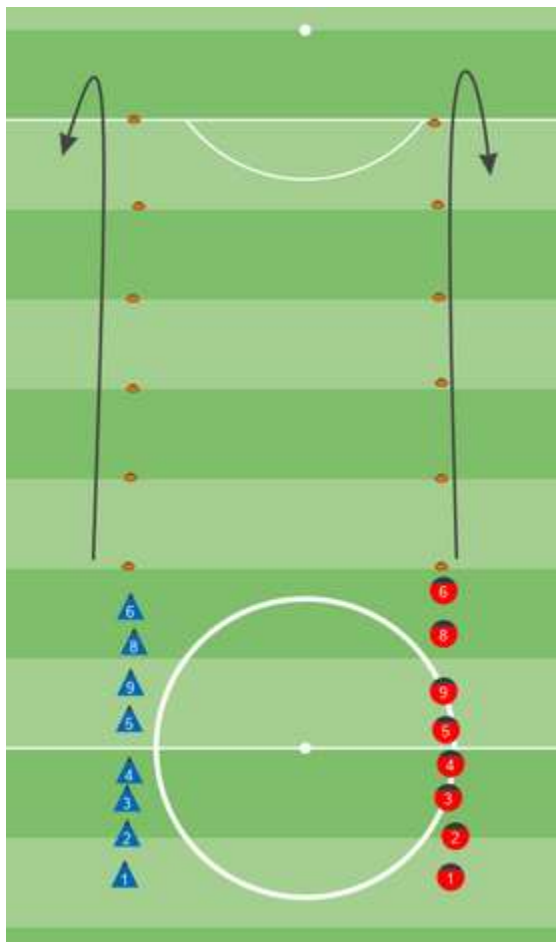


# Lesson Plan

Warm-up: FIFA 11+ (10 min)

1. Straight run
2. Hip out
3. Hip in
4. Circle partner
5. Shoulder contact
6. Forward and back
7. Run and jog
8. Bounding
9. Plant and cut



Technical Practice (20 min)

**Title:** Square Passing/touches

**Objective:** To improve players' passing accuracy and quick decision-making skills.

**Equipment:** Cones (4), soccer ball(s)

**Setup:**

Place four cones in a square formation, with each cone approximately 5-10 yards apart from each other.

Divide players into groups of four, with each group starting at a different cone.

Instructions:

Player 1 at cone A passes to player 2 at cone B.

Player 2 receives the ball and passes it to player 3 at cone C.

Player 3 receives the ball and passes it to player 4 at cone D.

Player 4 receives the ball and passes it back to player 1 at cone A.

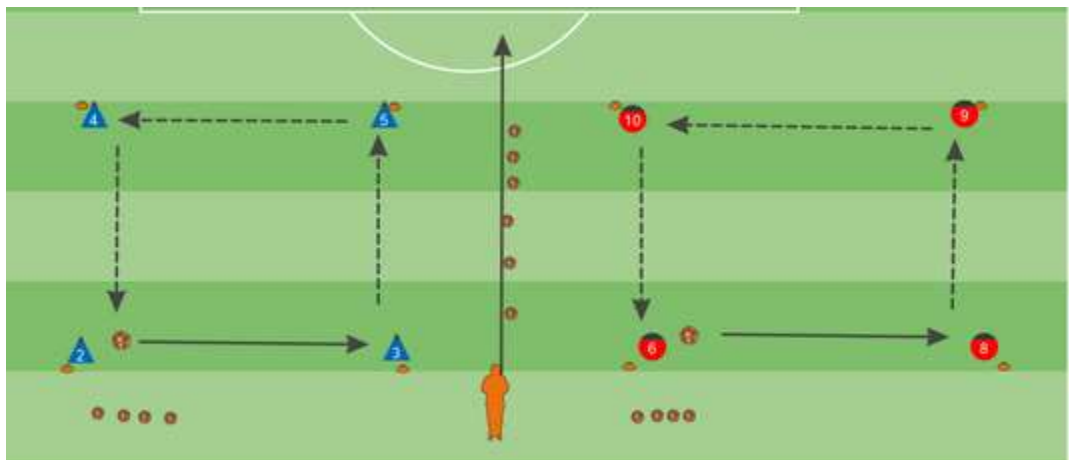
Players rotate clockwise to the next cone and repeat the pattern.

**Variations:**

Change the passing technique required (e.g. one-side of square passing only and the next side touch only, etc.) to challenge players in different ways.

Increase or decrease the distance between the cones to make the exercise more challenging or easier, respectively.

Add a time limit or a target number of passes to complete the exercise within, to increase the intensity of the drill.



**Skill Development (30 min)**

**Title:** Defending in the Attacking Third

**Objective:** To improve players' defensive skills in the attacking third of the field.

**Equipment:** Cones, soccer balls, goals

**Setup:**

Divide the players into two teams: the attacking team and the defending team.

Set up a field with two small goals in one side and one normal goal at opposite end.

**Rule:** Always, start the game from normal goal with keeper

**Instructions:**

**Phase 1:** Basic Defending Drills

Instruct the defenders to focus on keeping the attacking team out of the defending team's penalty area.

Teach the defenders basic defending skills such as jockeying, blocking passing lanes, and forcing the attacker to the sideline.

Have the attacking team practice dribbling and passing the ball while the defending team tries to win possession and prevent the attackers from advancing past the cones marking the attacking third.

Switch the attacking and defending teams after a set time period.

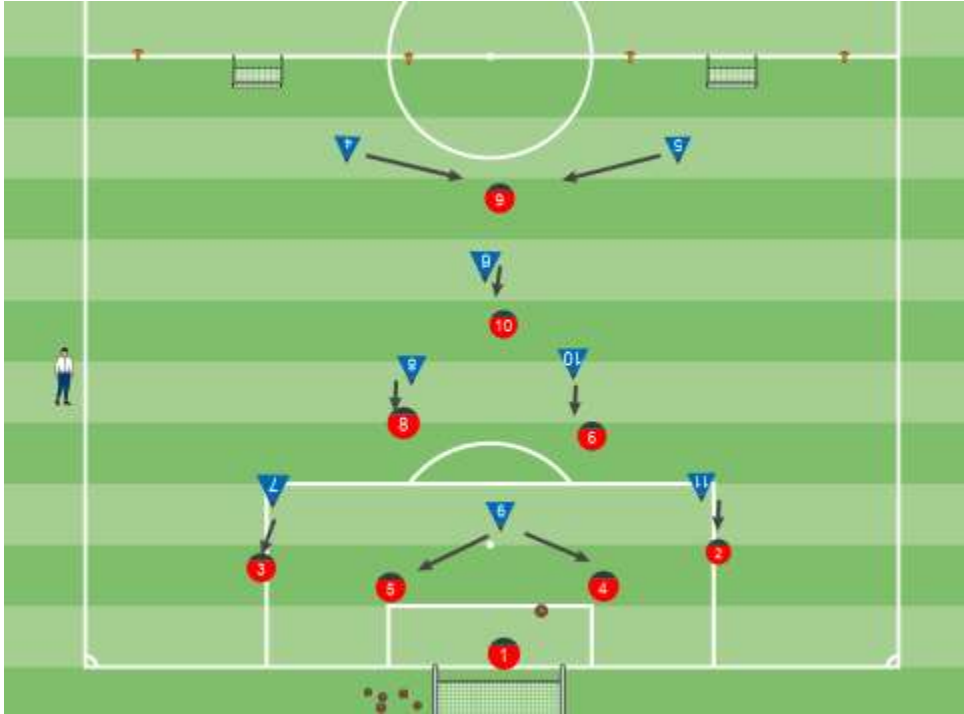
**Phase 2:** Advanced Defending Drills

Set up a small-sided game with a reduced number of players on each team.

Instruct the defenders to focus on defending the attacking third of the field, while the attacking team tries to score goals.

Encourage the defenders to pressure the attackers, block passing lanes, and force the attackers to take low-percentage shots from outside the box.

Switch the attacking and defending teams after a set time period.



### Game Simulations (25 min)

Using activities to create game-like situations that create problems for the players to solve and the coach to assist with the problem-solving process. Set up a full-sided game with a normal number of players on each team.

Instruct the defenders to focus on defending the attacking third of the field, while the attacking team tries to score goals.

Encourage the defenders to work together to apply pressure, block passing lanes, and force the attackers to make mistakes.

After the game, review the defensive performance and provide feedback to the players.

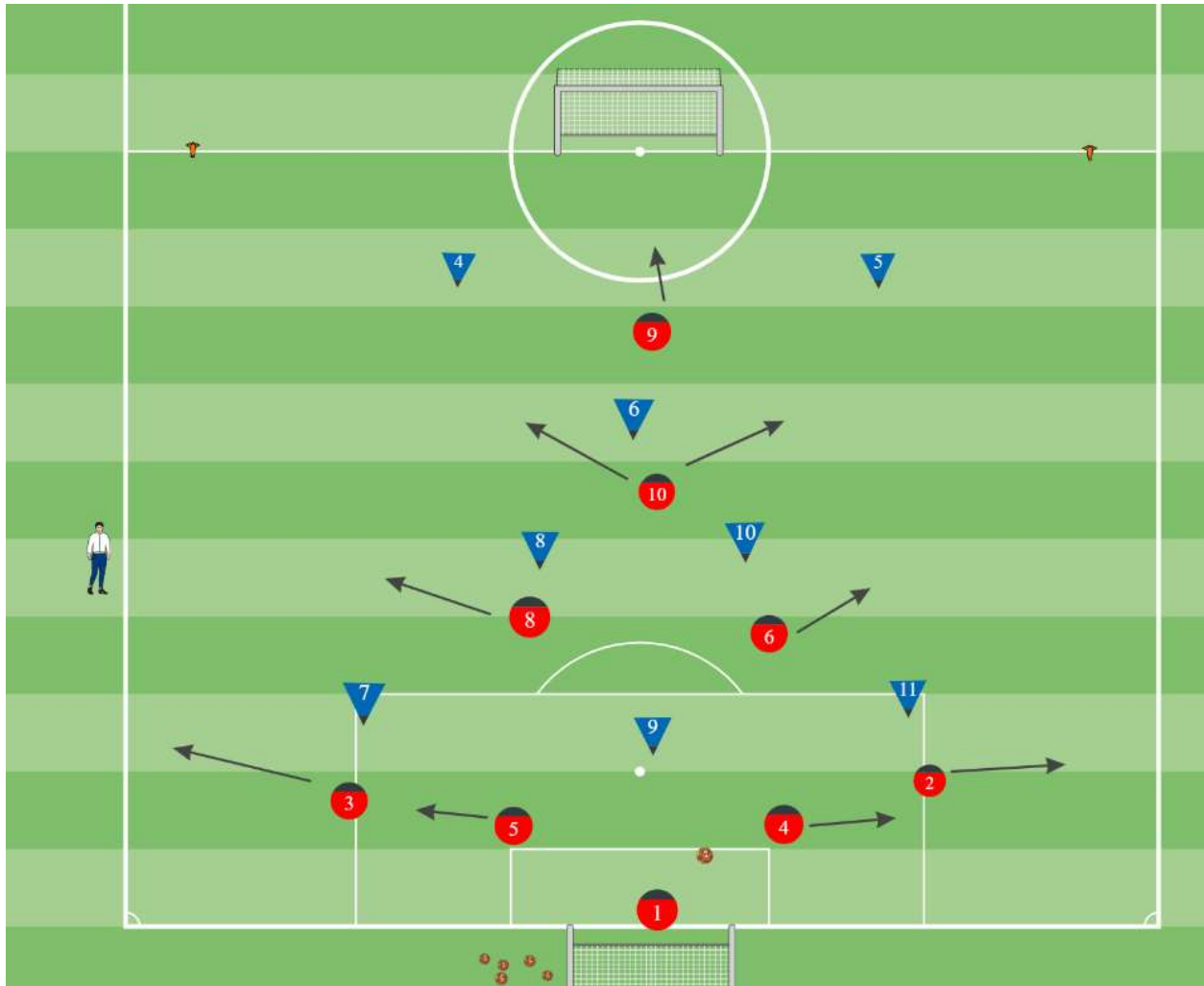
### Variations:

Add more defenders to the game to make it more challenging for the attacking team.

Allow the defenders to score points by winning possession in the attacking third of the field.

Limit the number of touches the attacking team is allowed in the attacking third to increase the difficulty level for the attackers.

Add a time limit to the game to increase the intensity of the exercise.



**Cool Down (5 min)**

- Juggling
- Stretching