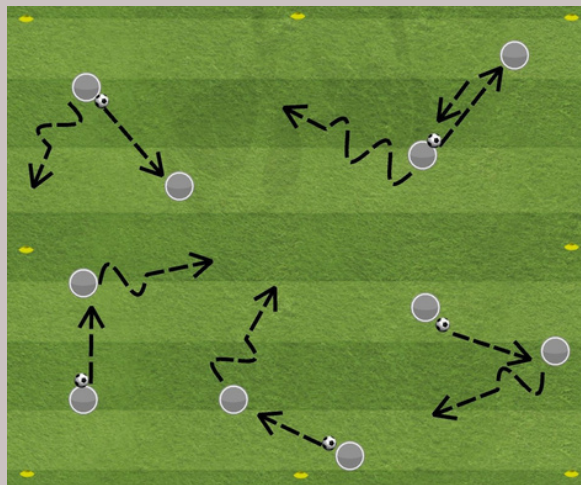


Warm Up (15 minutes)**Set Up:** 20 X 20 area.**Equipment:** Cones, Balls.

Players work in pairs, with one ball between two. Players pass the ball between themselves and when coach calls "play" the player receiving the ball must turn and keep the ball from their partner who is trying to win back the ball

Progressions: Introduce a time a time limit for the defender to try and win the ball back. Limit the amount of touches players can take for passing the ball.

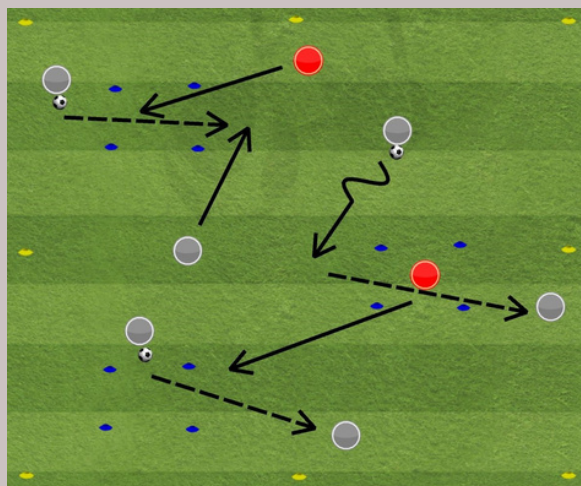
Progressions: If players struggle to dribble the ball, on the "play" call the player can leave the ball requiring the defender to just tag their opponent.

**Technical (20 minutes)****Set Up:** 20 X 20 area.**Equipment:** Cones, Balls.

2 defenders defend the boxes. Other players work in pairs with one ball and are trying to play passes through the boxes. If the defenders intercept (no tackling) the ball, they leave the ball in the square and its stayed there until attackers can play the ball through another square. If a pairs ball is in a square, they can work with another group to try and achieve a pass through the square. Attackers cannot go inside the squares (unless retrieving the ball).

Progressions: Receivers have to receive inside a box before which will make it more difficult as they will be closer to the defenders. You can also progress to defenders being able to tackle as well as intercept passes too.

Regressions: Have less boxes to try and promote some success for defenders.

**Game (25 minutes)****Set Up:** 30 X 20 area.**Equipment:** Cones, Balls, Goals, Bibs

Set up a small sided game, with even teams. At this point you could ensure the game is fun and teams are small enough so everyone is getting lots of touches, if the ball goes out of play just insert a new one to keep game speed up.

Progressions: Introduce conditions to focus on defending if defending team win the ball in opponents half and score, they goal is worth double.

Regressions: Remove any conditions and allow the players to play freely.

