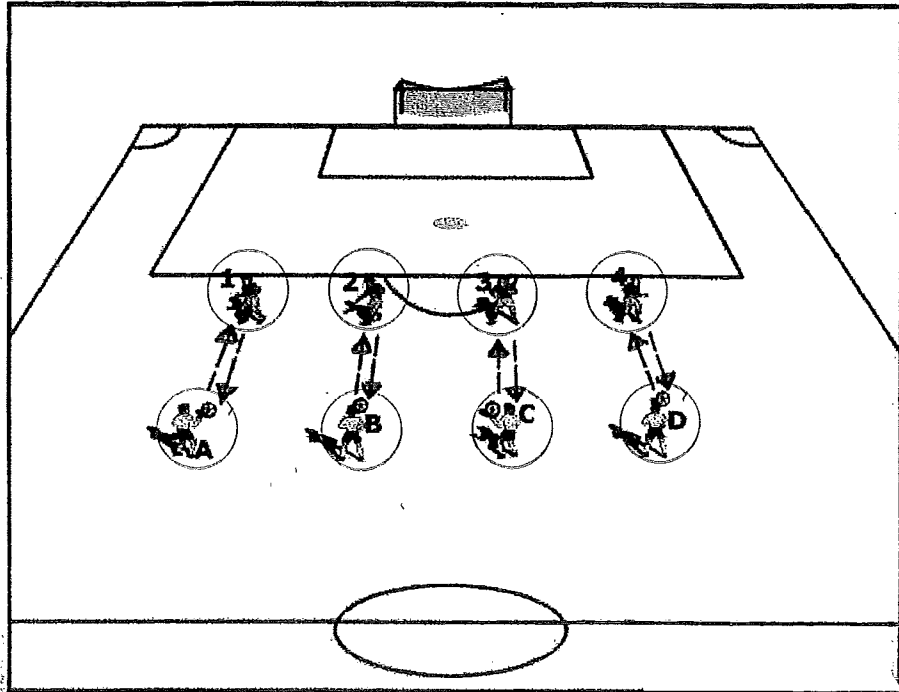


## Intro



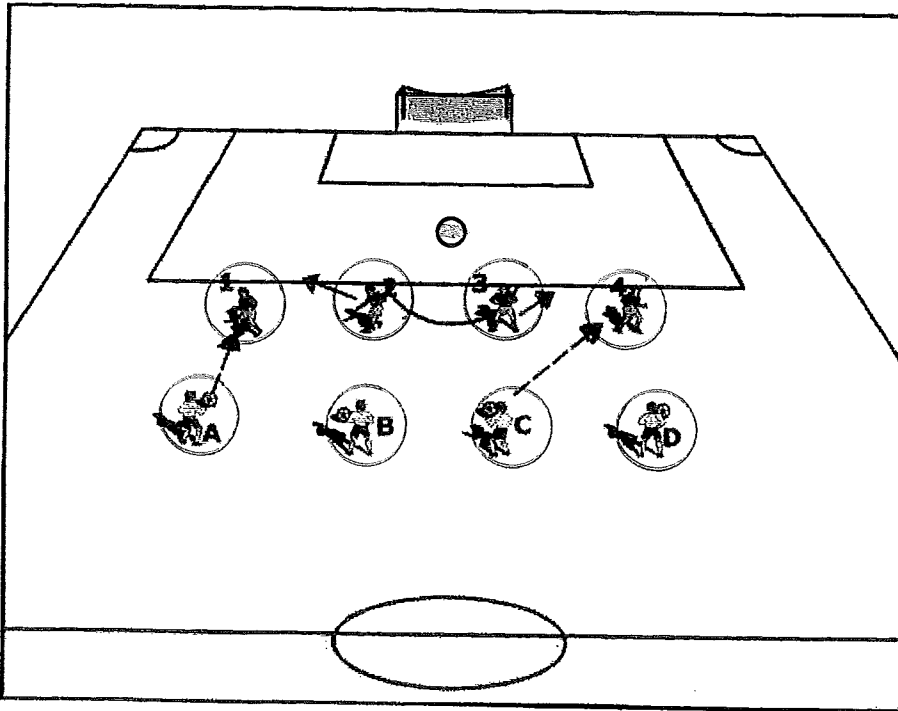
20x40 Yard

Service from A-1/B-2/C-3/D-4  
on ground &/or in the air

### Coaching Points

- Check & Show
- Move as a unit
- Attack the ball
- Part of foot / ball
- 1 foot take-off

## Challenge & Cover

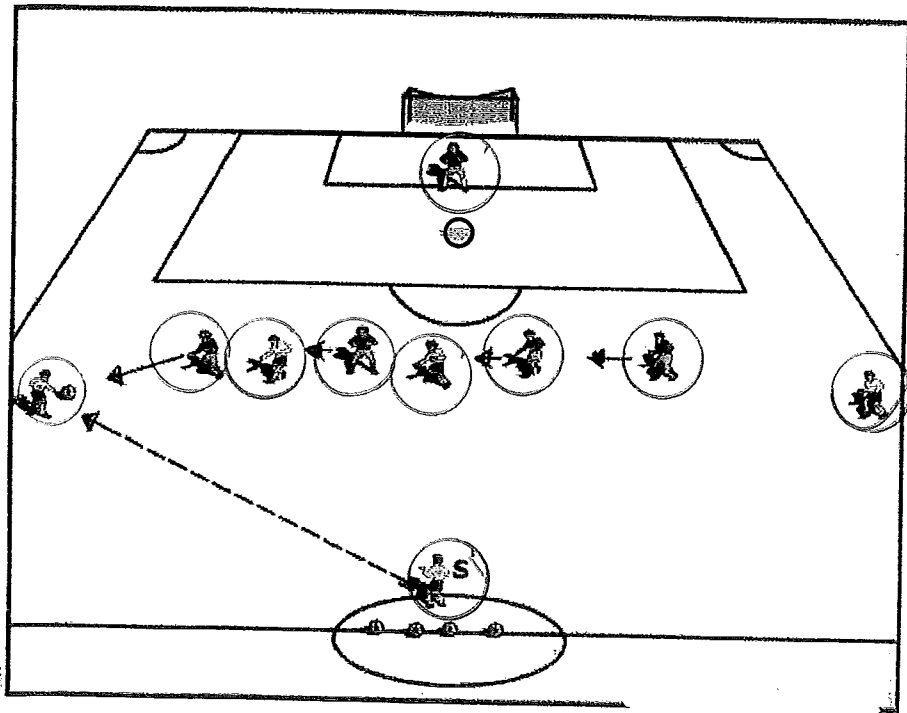


20x40 Yard

Service from A/B-1/2 and from C/D-3/4 on ground then in the air

### Coaching Points

- Move as a unit
- Check & Show
- Communication
- Attack the ball
- Part of foot / ball
- 1 foot take-off
- Distance / angle of cover



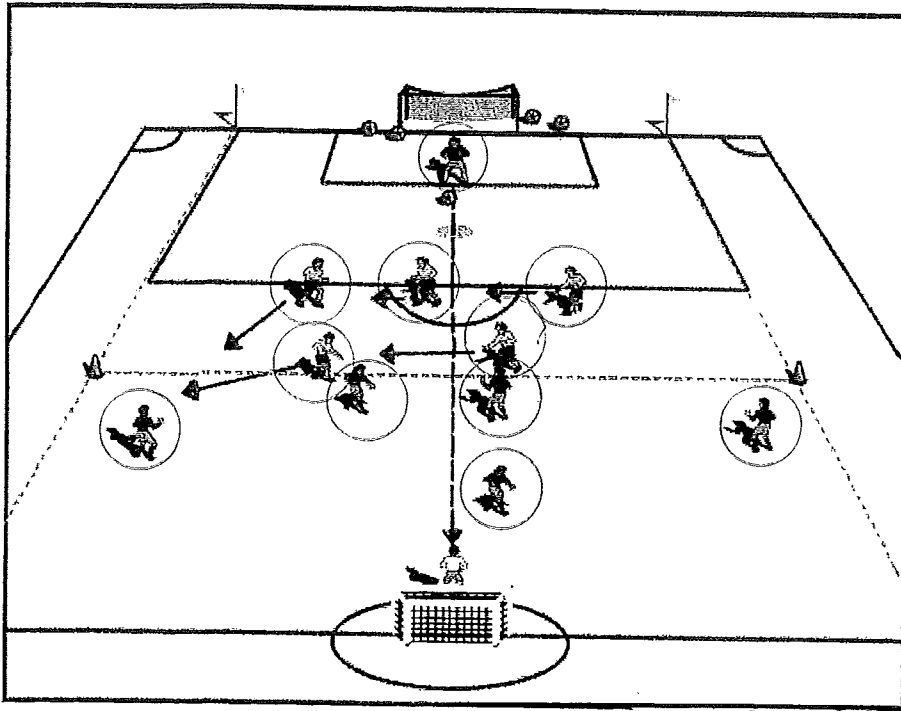
60x40 Yard  
Progress ● S joins in

S restricted to the Centre  
Circle with balls  
Progress allowing S to join in

#### Coaching Points

- Adjust to the ball (Distance)
- Communication
- Closest player challenges
- Distance / angle of cover  
Support
- Body Position

## 6v6 Small Sided Game

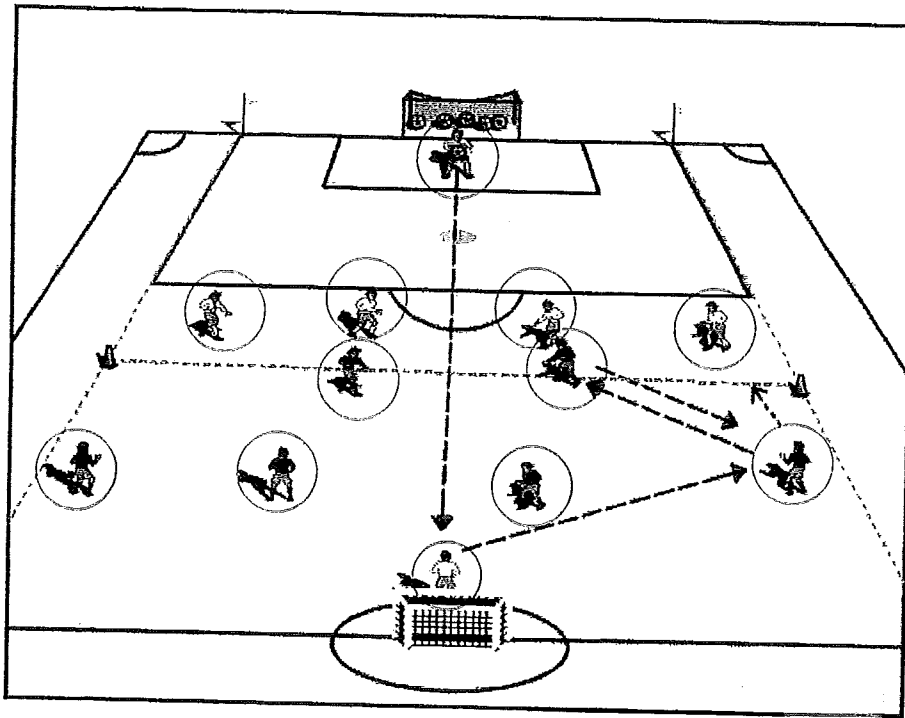


60x40 Yard  
Progression ● 7v5

### Coaching Points

- Goal-side
- Communication
- Closest player challenges
- 2<sup>nd</sup> closest covers
- Speed & angle of approach recovery
- Distance
- Balance & body position
- Patience

## 7v5 Small Sided Game

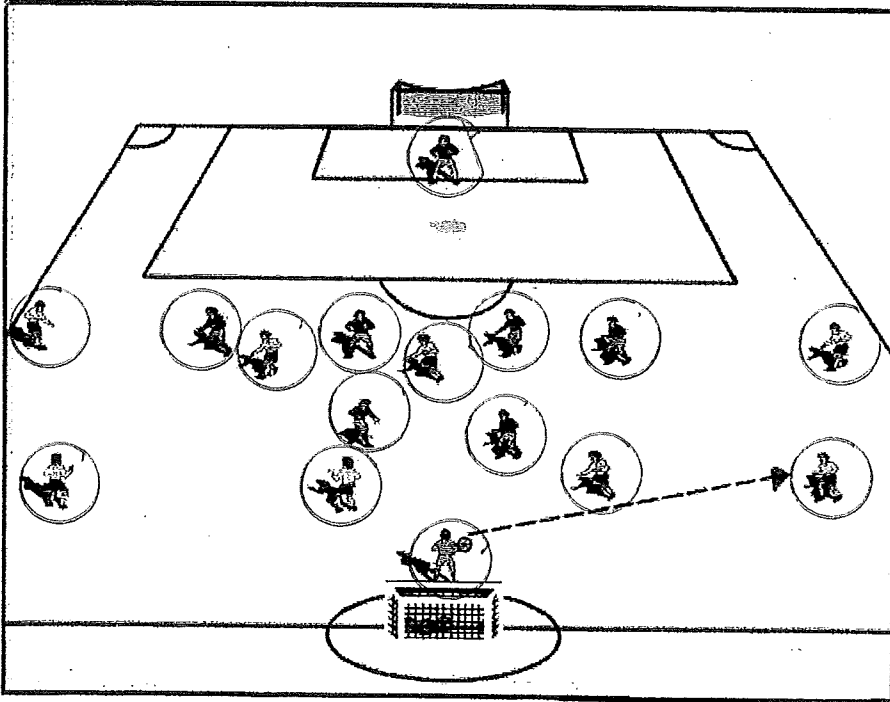


60x40 Yard

### Coaching Points

- Goal-side
- Communication
- Closest player challenges  
2<sup>nd</sup> closest covers
- Speed & angle of approach  
recovery
- Balance & body position
- Patience

## 9v7 Small Sided Game



Half Field

### Coaching Points

- Adjust to the ball (Distance)
- Communication
- Closest player challenges
- Distances / angles of cover Support
- Body Position
- When to be high / low
- Angle / speed of recovery