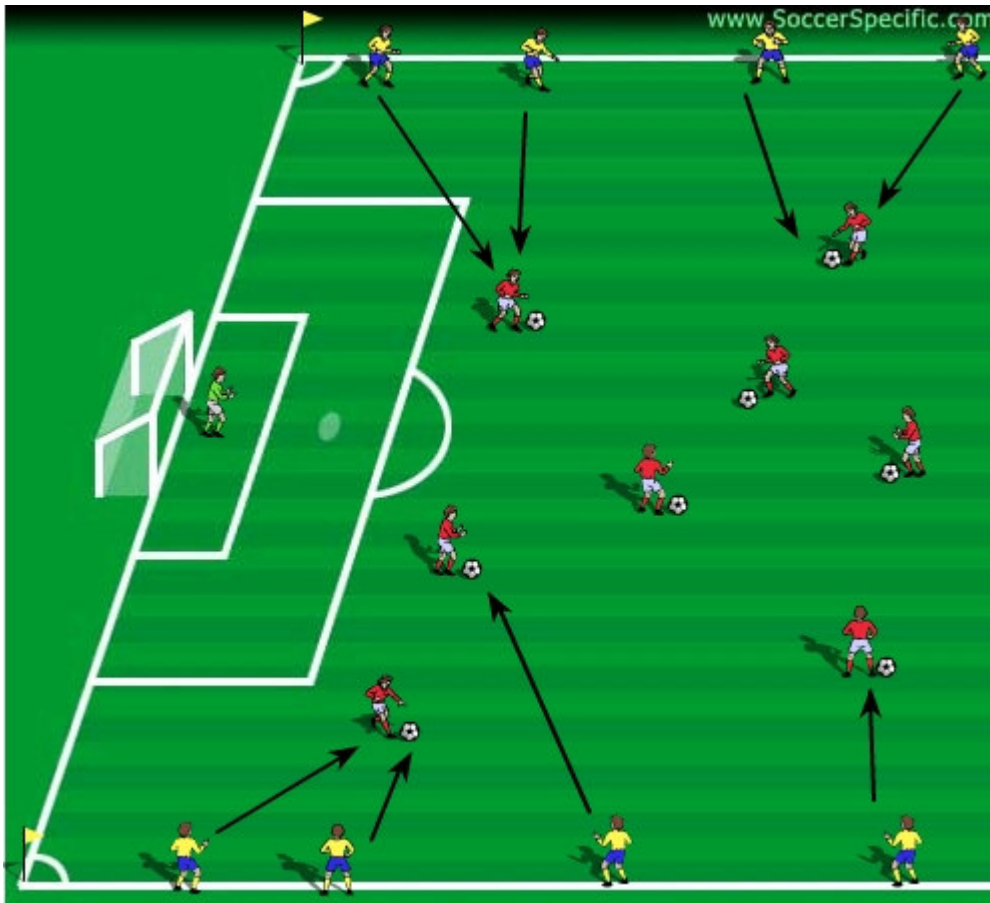


Team Keeps It Out

Emphasis: Team defending (possession skills, communication), team attacking (1vs1 in attack, combination play, tackling and finishing)



Set-up:

Two teams on a half field.
One goalkeeper and balls.

Objective:

For the defending team to keep possession of the ball for as long a possible. The attacking team is trying to steal the balls and score as many goals as possible in the quickest time.

Progression:

1. Each player on the defending team has a ball.
2. The attacking team is spread out on both sidelines waiting for the coach's whistle to start play.
3. As the whistle sounds the coach will start his watch, stopping it only after the last ball has been kicked out of bounds or in the goal.
4. The defending team tries to prevent their ball from being stolen by running with it and shielding from the attacking team.
5. Players may help keep possession with their teammates only after they have lost their own ball.
6. The defending team is not allowed to kick the ball out of bounds.
7. Each team will rotate from offense to defense.

Coaching Points:

- Communication between teammates
- Be aggressive and take players on
- Possess the ball
- Concentrate on finishing opportunities