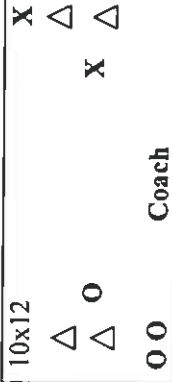
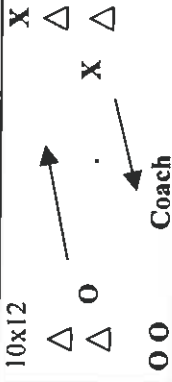
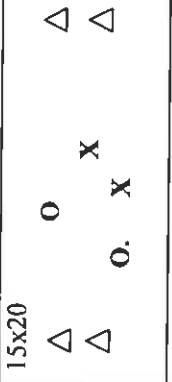
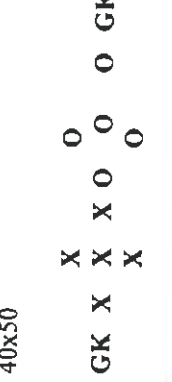


Activity Name	Description	Diagram	Purpose/Coaching Points
1 "Rehearsal"	<ul style="list-style-type: none"> Have 2 players stand 2-3 steps on either side of the ball. On command both players should squarely step to address and block the ball. 		<ul style="list-style-type: none"> Players rehearse safely a "block" tackle. Inside of foot to ball. Get weight into the tackle. Do not stretch or go to ground.
2 1 vs. 1 "Faced Up"	<ul style="list-style-type: none"> 1 vs. 1 to goal. Coach serves ball to slightly favor one player. If you have 10+ players use 2 grids. 	<p>10x12</p> 	<ul style="list-style-type: none"> Close to the ball. Maintain a good distance to tackle and recover. Get body behind tackle. Tackle without crossing feet.
3 1 vs. 1 "From Recovery"	<ul style="list-style-type: none"> 1 vs. 1 to goal. (As above but...) Players attack goal they start at. Defender must recover goal side. 	<p>10x12</p> 	<ul style="list-style-type: none"> Recover goal side. Do not tackle from behind. Face up to opponent. Tackle firmly with closest foot.
4 2 vs. 2 "Decisions"	<ul style="list-style-type: none"> 2 vs. 2 to goal. Restarts are passed in. Play 3-4 minute sets with good rest. 	<p>15x20</p> 	<ul style="list-style-type: none"> Defender not on ball must be ready to close. Close as ball is traveling. Ensure proper tackling technique.
5 6 vs. 6 "The Game"	<ul style="list-style-type: none"> 6 vs. 6 including keepers. No conditions on play. Be prepared to stop 2-3 times in 15 minutes to review topic. 	<p>40x50</p> 	<ul style="list-style-type: none"> All tackles should be made from the front. Avoid going to ground. Tackle with either foot as situation demands. Do not reach; stay compact.