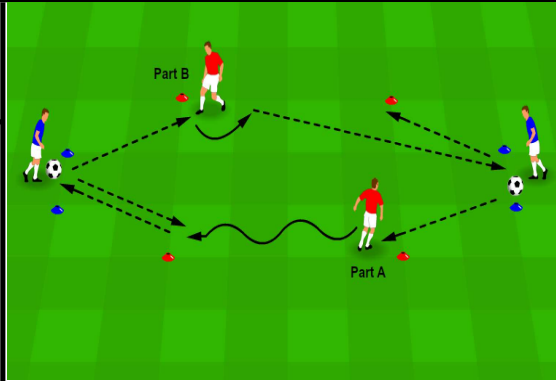




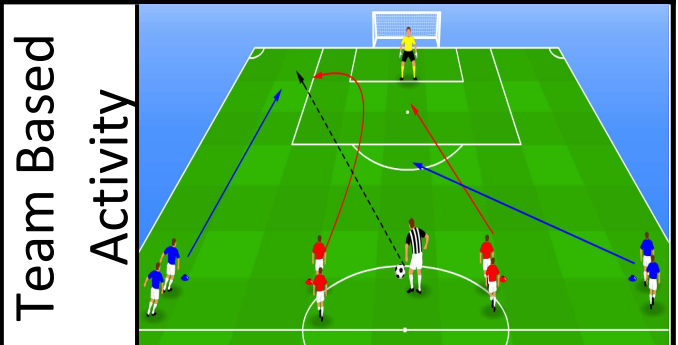
Team U15 - U17 - U19 Girls	Session Objective
	1. Ability to move the ball quickly (high tempo)
Session Focus Ball Movement & Competing	2. Ability to compete and battle for loose balls in the defensive zone
	3. Defending as a unit (transitioning from 1 defender to 2 defenders)

Warm Up Activity



Activity Focus - Opening Up & Passing in 2 Touches
 Set Up the players as pictured. If you are working in with groups of 3, then you would only have 1 player in the middle.
 Part A - Pass into middle player, middle player dribbles to the other side, passes to outside player, receives pass
 Part B - Pass into middle player, middle player opens up and passes to the outside players, receives pass back.
 Players will be in the middle for 1 minute, then switch with the players on the outside.

1 vs 1 Activity



Team Based Activity

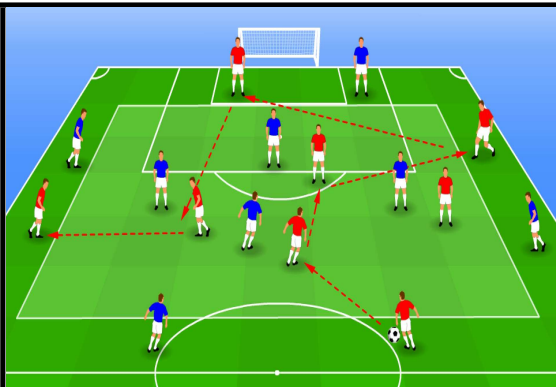
Activity Focus - Building Compete Levels

The playing area is split into two sides. The attacker will be closest to the boards and the defender will be central.
 To start, the coach will pass the ball towards the corner. The attacker and defender will both race towards the ball. If the attacker gets there first, they will try and score on the main goal. If the defender gets there first, they will try to win the ball and pass it back to the Coach or the next players in line.
 Players will switch lines after their turn so that they get to be both attackers and defenders.

Activity Focus - Building Compete Levels in Units

Using the full half of the field, players will be set up the same way as the previous activity. Alternate the corners that you pass the ball into so players develop different skills.
 From the defending side, can the weakside player drop into the center of the box to protect any passes into the area. The primary defender will defend the original pass

Game Play



Activity Focus - High Tempo Ball Possession

Split the players into 2 teams, with half the players inside the playing area, the other half of the players alternating on the outside.
 Players inside will have a touch limit of 3 touches on the ball, the players on the outside will have 1-2 touches.
 To get a high tempo in the activity, the ball has to move quickly and the players have to support.
 Players work inside for 2 min, resting outside for 2 min.