



FAX TRANSMISSION

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To:	ENIO Sacilotto	Date:	9/19/11
Fax #:	737-1387 (378) 737-1387	Pages:	3
From:	Joey Green	Phone:	
Re:	Drill at the West Club		

COMMENTS:

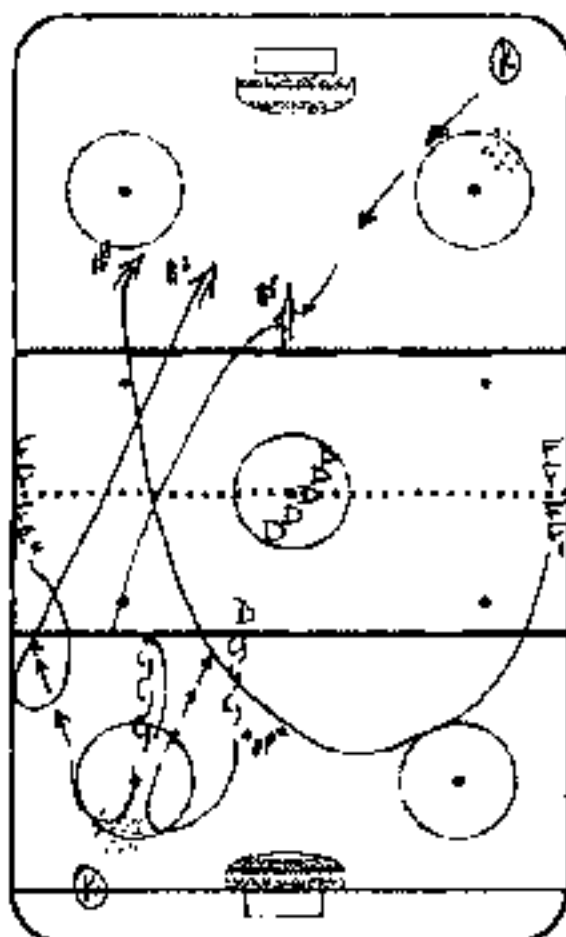
ENIO,

Sorry for the Delay. Thanks again
for putting this together!!

- Joey

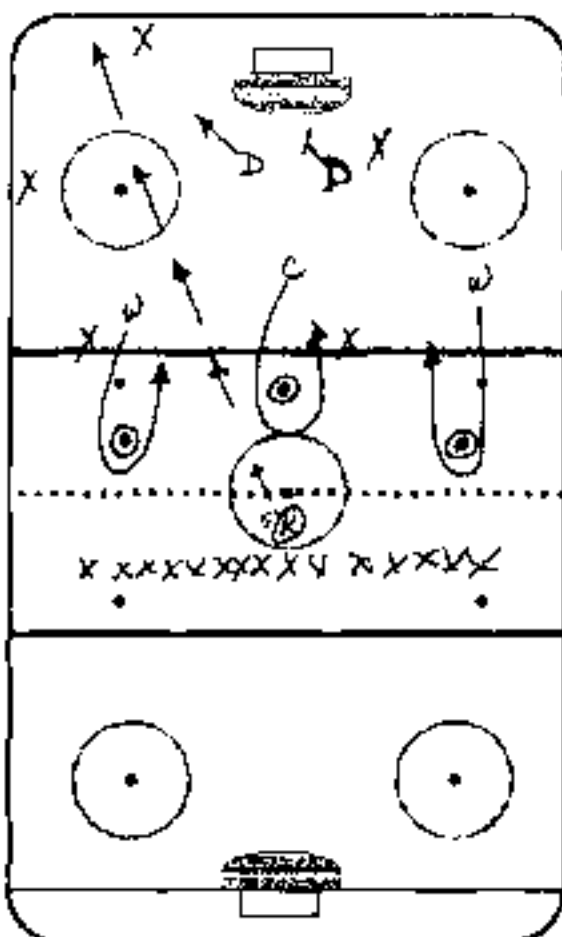
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START Drill on the Attack

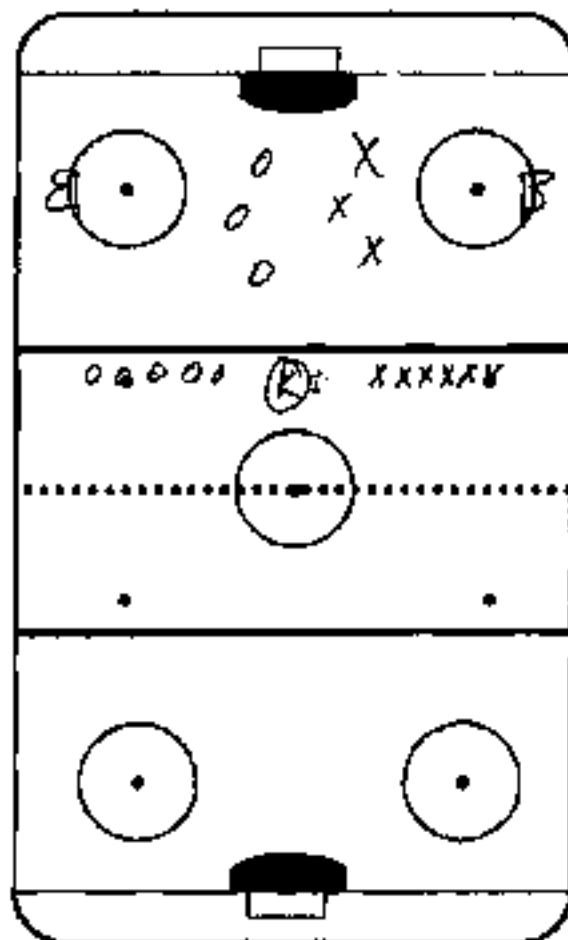
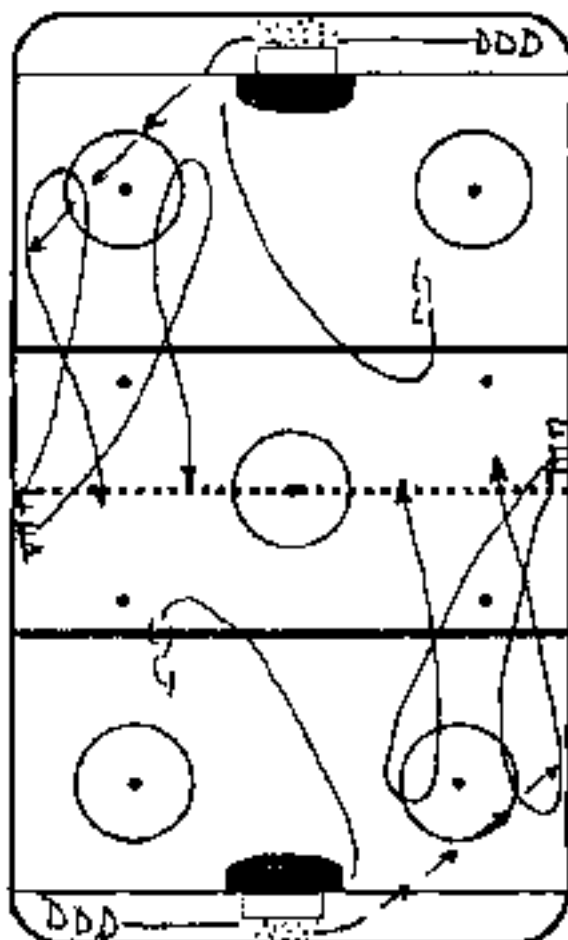
- Both Ends at same time
- Defenders work First - F3 Forward
- * Option + D can shift to Free Blue w/ing back
- ③ wrap back
- D - checks, jumps + shuffle for shot #3
- * Option → use only 1 forward to speed up / narrow
- # of laps for Drill



5 x 5 DZ Coverage

- On whistle Forward
- Loop around the field in the NZ → then back into the DZ for coverage
- Coach claps back to X's (F3) → they have to all touch the back then can attack off cycle
- * Defenders have to ID Back Position & Communicate w/ Teammates for first aggressive DZ coverage.

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Begin 2x1 or whistle.

F's must get to Bottom Half Mark.

F's work to exploit Gap?
Attacking w/ speed

D's work close gap? Risk
Risk performing

* Option - D can use whistle to
change Attack direction (F's respond)
→ D is forced to re-gap
* can be done w/ multiple whistles

Competitive Game

(K) decides situation - 2x2, 3x2, 3x3
• D can add Players at any time during shift. etc...

* Great for working on Situation
awareness & listening communication

* Keep Score X v. O
* Shifts Run on whistle ~ 30 seconds