

Ladies 19-03-04

Warmup

1. Std set of exercises
2. 4 cones box – corner to corner

Constraint Games – focusing on 16s and high press

1. 5 v 5 in 1/4 pitches

Constraint 1

1. Central box with NOTHING allowed through
2. 2 touch/3 secs on ball
3. PIVOT/TRANSFER before scoring

Constraint 2

1. Overload and teach full press
2. Also teach zonal defense

Outcomes

Lots of running as cold evening

Some width and some striker movement but not enough