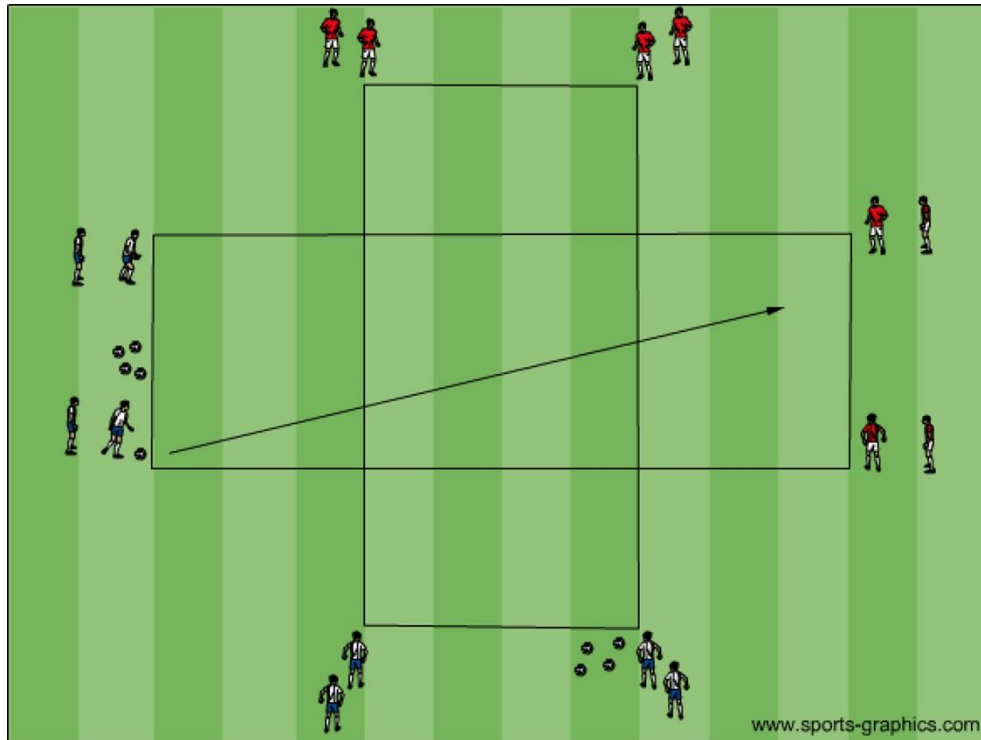


Swiss Flag Defending



Organization

- Red's and Blue's are divided into two groups as shown.
- Red's play against 2 Blue's 2 v 2. Red's try to score by attacking Blue's endline.
- Blue's close down and defend; if Blue's win ball, they attack Red's endline and Red's must recover and defend properly.
- When Red / Blue group each has a possession, other Blue group serves to Red's.
- Coach first, then play 4:00 games of 2 v 2.

Coaching Points

- Closing down—use endline as a reference
- Position of covering player—on proper "side" of first defender; recognize how to make a 1 v 2.
- Communication process—"1st, 2nd"
- Reacting to moving ball: when to drop, when to push player to side or back
- How to handle drop passes, wall passes, take overs and overlaps.

Note: This game is great for combining as well as defending: you can get 1-2's, take-overs, overlaps in this game. It is a good idea to make the spaces bigger (10 x 10 yard grids for defending; 12 x 12 yard grids for combining) when focusing on attacking play. Additionally, putting a 4-5 yard goal and a GK at the end of each line can also make this game even more lively.