

### ACTIVITY #1

**Set up:** Players are organised in an 8v8 (7 + GKs) as shown.

\*Game may be adjusted to 6v6 / 7v7.

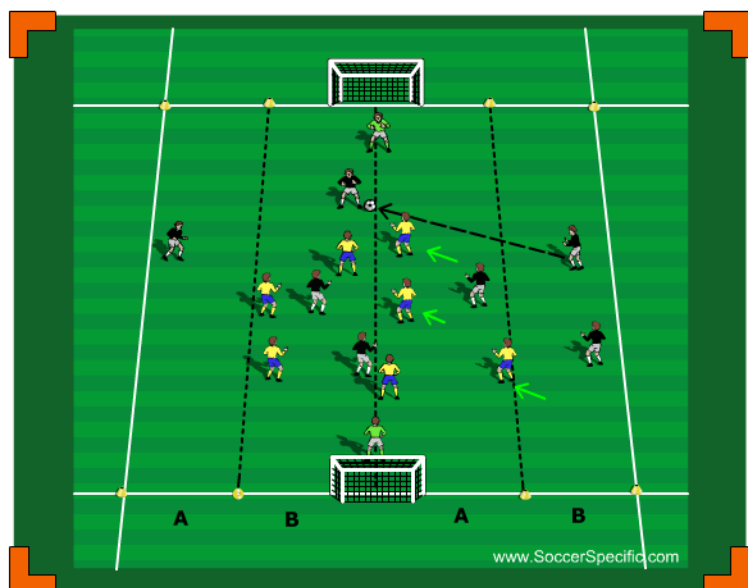
The pitch is divided into 4 vertical channels and labelled A / B / A / B

**Instructions:** TACTICAL GAME: VERTICAL COMPACTNESS:

Team in possession attempts to score in their opponents goal. Emphasis is on the compactness of the Defensive team - ALL players from the defensive team must be in the same vertical channel as the ball AND the adjoining vertical channel; In other words; ALL players in channels A/B at all times.

Defensive players are also encouraged to immediately press the player in possession.

**Coaching Points:** Use Fore-Checking (marking ball-side) to increase compactness and deny passing channels  
Encourage sideline traps - dont allow the opponent to escape from the wide channels



### ACTIVITY #2

**Set up:** Players are organised in an 8v8 (7 + GKs) as shown.

\*Game may be adjusted to 6v6 / 7v7.

The pitch is divided into 4 vertical channels and labelled A / B / A / B

**Instructions:** TACTICAL GAME: VERTICAL COMPACTNESS:

ALL players from the defensive team must be in the same vertical channel as the ball AND the adjoining vertical channel; In other words; ALL players in channels A/B at all times.

In the diagram the Defensive team have compacted the central 2 channels to avoid penetration / passing options.

**Coaching Points:** Use Fore-Checking (marking ball-side) to increase compactness and deny passing channels  
Team must move as one compact unit

Angles or Pressing - deny the team in possession opportunities to move the ball from wide channel to opposite wide channel.