

January 2026 GRADE 7

**Defending Principles

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 NO SCHOOL	NO SCHOOL CHRISTMAS BREAK	3
4	5 SAQ TRAINING	6 HEALTH FITNESS ROOM	7 TRAINING 1 v 1 drills	8	9 TRAINING /Games COMP. DAY McKinnon	10
11	12 SAQ TRAINING 1 v 1 or 2 v 1	13 LUNCHEON - PIZZA @ 1:00 PM TERM 1 AWARDS PRESENTATION HEALTH	14 TRAINING 2 v 1 drills	15	16 TRAINING /Games COMP. DAY FALCONE/VAL	17
18	19 STATIONS	20 FLO'N'GLO Academy top/shorts/sweats/ leggings	21 TRAINING	22	23 TRAINING /Games COMP. DAY ANDY/RUSLAN	24
25	26 SAQ TRAINING 3 v 2 drills	27 HEALTH HEALTH	28 TRAINING	29	30 FUN FRIDAY CHALLENGES Team Jersey Day	31 TDITD 

JANUARY 13: TERM 1- AWARDS LUNCHEON ROOM 153

PIZZA WILL BE PROVIDED- 3 SLICES PER STUDENT & GLUTEN FREE OPTION AVAILABLE FOR THOSE STUDENTS WHO ARE CELIAC OR GLUTEN FREE AND A JUICE BOX

TRAINING- OBJECTIVES

MCKINNON & COACH ANDY SMALL FIELD – COACH FALCONE, VAL, RUSLAN LARGE FIELD

- MONDAYS- SAQ- SPEED, AGILITY AND QUICKNESS EVERY MONDAY + TRAINING
- **DEFENDING PRINCIPLES**

Pressure (closing down the ball)

Cover (supporting teammates)

Balance (maintaining shape)

Compactness (reducing space), often with Depth (positioning to intercept)

Individual Defensive Skills (1v1)

- *Jockeying: Staying low, on your toes, with feet moving, and in front of the attacker to delay them, not diving in.*
- *Control & Restraint: Be patient; wait for the right moment to tackle, often forcing the attacker onto their weaker foot or into a specific area.*
- *Anticipation: Reading the attacker's body language and the ball's movement to intercept or win the ball cleanly.*
- *Communication: Talking to teammates to coordinate pressure, cover, and movement.*

- **COMP. DAY (3 VS 3)**

- **FACILITY ADDRESS**

VIK SOCCER CENTRE: 14025- 142 ST EDMONTON

FLO'N'GLO- 13649 St Albert Trail Edm.

- **GOALIE TRAINING TO RESUME JANUARY 21 AND 28 **** PLEASE BRING GOALIE GLOVES**