

- 1- 10:25- Good example of defensive coverage out wide
 - Lucy makes a run up- gets caught a bit high after a long ball- Totally Fine
 - Ball reaches Jordin
 - Aria goes wide
 - Lucia is short option
 - Jossy covers both her space and Lucy's space
 - All good decisions
 - Ball gets played up the field at 10:28
 - Jordin may have opted to play the ball short to either Jossy or Lucia as there is only one attacker within 20 yards of our back line
 - 10:37- Ball gets past Aria down the line
 - Lucia has a good angle of support to cover
 - Jossy is taking the space behind Lucia
 - Lucy is trucking back to get to her defensive responsibilities
 - 10:41- Lucia engages with attacker
 - Aria covers Lucia's space
 - 10:47- Ball played out and defensively we did our job
- 2- 16:54- Turnovers and errors in coverage
 - Lydia plays the ball from left center of the field to right center of the field where Aria receives the ball- we should probably look to continue the ball to the right if we can to continue the switch OR play it back to Lucia to keep possession, MAYBE play it back to Lydia since it is the way she is facing. Ball get turned over and Hastings can counter
 - 16:57- Ball gets played square and defensively we have 3 players in the center circle covering 3 players they have in the center circle.
 - Lucy is 1 on 1 outside but in transition this is to be expected
 - Jossy and Lucia have one forward relatively covered
 - 17:03- **(Make sure to pause here to see the visual)** the ball has been possessed and a counter is started.
 - Aria takes a bad angle on the ball
 - Lucia has dropped but is 13 yards behind Jossy
 - If this was done correctly Lucia would be closer to the forward that is on the 31 yard line
 - If this was done correctly Jossy would be dropped to about the 25 yard line to give coverage to Lucia
 - If this was done correctly Lucia would continue to drop and be able to cover Jossy's left side while knowing where her defender is
 - If this was done correctly someone would be yelling at Lydia or Taitum to cover the girl that is on the 40 yard line in the center of the field.
 - 17:06- **(Pause)** We are in big trouble as it is 4 on 4
 - Aria is on the wrong shoulder
 - Lucia has dropped to the correct spot because she is trying to cover Aria and her defender
 - Lucy- you need to leave your mark and play about halfway between Lucia to cover her and your mark to make sure you can get there.

- Jossy- You need to be flying back to the space behind Lucia
 - 17:12- Attacker makes a bad decision- cuts in and gives the ball to Jordin
 - Could have ended a lot worse
- 3- 18:30- Their goal kick
 - 18:34 Lucy channels her inner keeper and punches the ball out of play 😊
- 4- 18:53- Free Kick
 - 18:56- Lucy gets turned and attacker gets past
 - Jossy is in a fantastic position to step to the ball
 - Jossy should step to the ball
 - Lucy should cover Jossy's vacated space to keep our shape
 - If the kid was smart she would have driven down the line and put us in a tough spot
- 5- 20:23- Defensive transition on our corner
 - 20:34 ball gets played wide and the shifting starts to take place
 - As Lucy starts to engage with the attacker- Jossy your priority should be the space behind Lucy and Aria/Lyssa (cant tell who that is at this point) would continue to come across and be the 3rd defender
 - 20:41- If that shift would have happened, when the kid plays the ball out wide Jossy would be able to take on the wide attacker and Lucy would take the space behind Jossy. Aria/Lyssa would need to be tucked into the middle
 - 20:44- **(Pause)** Lucy goes super human and takes on both attackers eventually making it a 1v1 and winning
 - IF YOU LOOK AT OUR SHAPE
 - Jossy should be closer to Lucy
 - Aria/Lyssa should be covering the middle space where the attacker is near at the top of the 18 who is behind Jossy in this shot
 - Once Julia or Lucia gets back to that space they can move Aria/Lyssa back wide to get our back 4 established
- 6- 30:20- The start of what composure on the ball looks like
 - 30:24- Back line in about as perfect of shape as you can get.
 - Lucy giving instructions of where the ball should go
 - 30:40- Ball recycled around to keep possession due to positioning
 - 30:59- Despite being an outside back, because Lucy is closest to the ball she becomes the first defender and causes a turnover
 - 31:09- Nearly perfect angles of support for Jossy and then Lucy
 - 31:10- **(Pause)** look at the passing options we have
 - 31:22- Jessie goes shoulder to shoulder to win the ball
 - 31:28- Kendall and Nora start the first ever ring around the rosie on the sidelines.