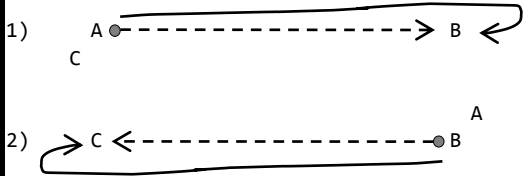
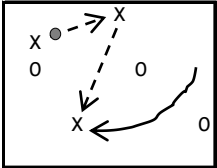
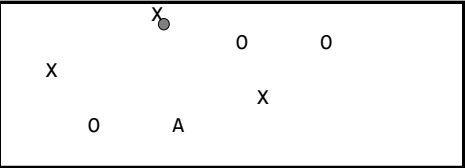
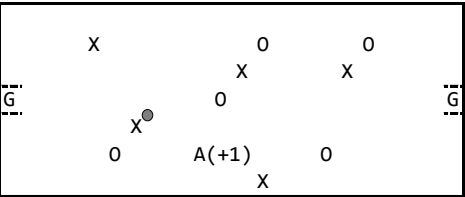


ORGANIZATION

KEY COACHING POINTS

<p>FUNDAMENTAL WARM-UP Passing in 3's</p> 	<ul style="list-style-type: none"> ♦ Groups of 3, 1 ball per group ♦ 10/15 yds between players ♦ Play ball (push pass) to partners (target) feet followed by a change of pace to behind target ♦ 2 touches. Progress to 1 touch 	<ul style="list-style-type: none"> ♦ Quality of pass (weight & accuracy) ♦ Quality of 1st touch/control (during 2 touch) ♦ Change of pace to side, not at partner ♦ Vision, chin up except when striking ball ♦ Ball always in motion ♦ Quality over speed
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ♦ 3v3 possession in 15x15 grid ♦ Team in possession awarded a point for splitting two opposing players with a pass. ♦ <i>Progression/challenge= Additional points if split with a 1-touch pass</i> 	<ul style="list-style-type: none"> ♦ Constant movement off the ball ♦ 1st Attacker must have deep, wide support from the 2nd Attacker ♦ 3rd Attacker looking for space/runs behind opponents ♦ High pass Quality ♦ Quality vision and communication
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ♦ 3v3+1 in 20x30 grid ♦ A's provide +1 and a target for each team ♦ 1 point for ball in to target ♦ 3 points for ball in to target via 1-touch ♦ <i>Progression/challenge= Additional (double?) points if pass to target originates in own half</i> 	<ul style="list-style-type: none"> ♦ Off ball movement into good supporting angles ♦ Avoid compactness on attack ♦ Look to Play to target early ♦ Ensure targets are demonstrating full-width mobility. (Non-static)
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ♦ 5v5 (5v5+1 if #'s allow) to regulation goals ♦ 25x35 grid ♦ <i>Progression/challenge= Create a no-dribble zone in attacking 1/3. Ball must be passed in to attacker in that zone - 2 touch max.</i> 	<ul style="list-style-type: none"> ♦ With +1, attacker overload should help create chances for forward play ♦ 1st Attacker should dribble at defenders committing them to defend ♦ Smart off-ball movement
<p>COOL DOWN</p>	<ul style="list-style-type: none"> ♦ Slow/light jog or shuttles, break often to stretch 	<ul style="list-style-type: none"> ♦ Hydrate ♦ Post session nutrition