

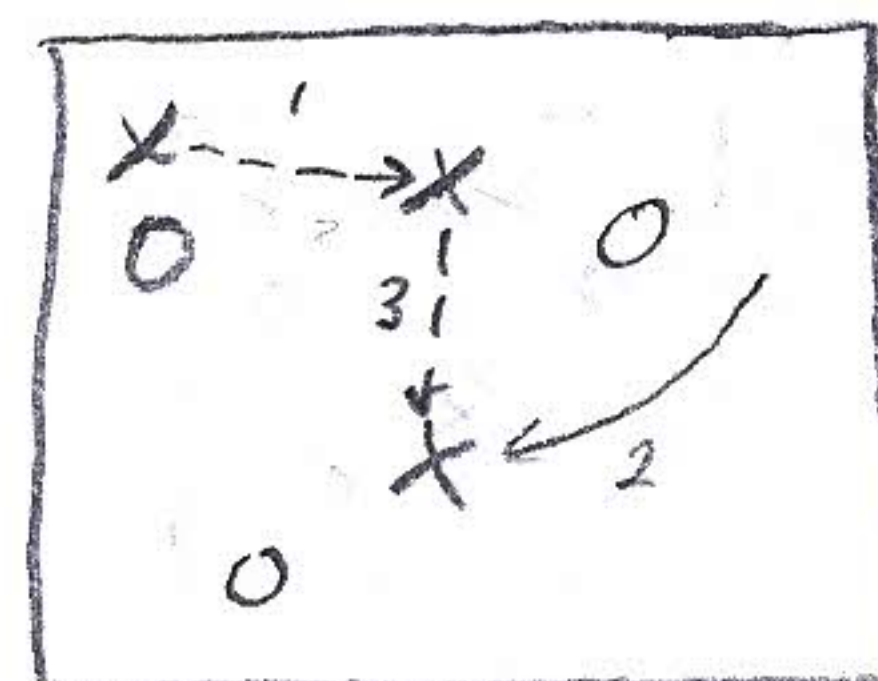
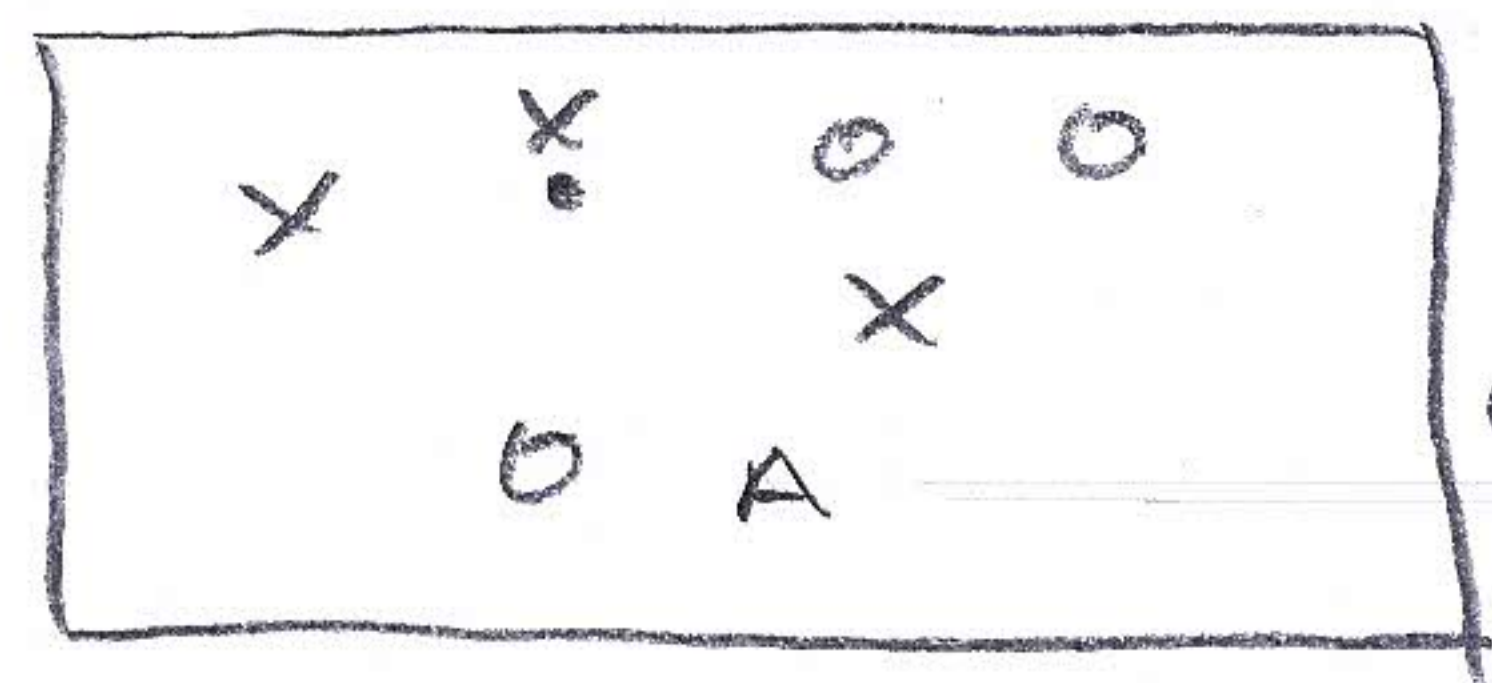




Name ADAM MERRICK

Topic ATTACKING - SUPPORT & PENETRATION Date _____

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>PASSING IN 3'S</p>  	<ul style="list-style-type: none"> - GROUPS OF 3, 1 BALL PER GROUP - 10 YDS BETWEEN PLAYERS - PLAY BALL (PUSH PASS) TO PARTNERS FEET FOLLOWED BY CHANGE OF PACE TO BEHIND TARGET. - 2 TOUCH, PROGRESS TO 1 TOUCH 	<ul style="list-style-type: none"> - QUALITY OF PASS (WEIGHT & ACCURACY) - QUALITY OF 1ST TOUCH / CONTROL (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 2 GROUPS COMBINED FROM ABOVE</p> 	<ul style="list-style-type: none"> - 3 v 3 POSSESSION IN 15 x 15 GRID - TEAM IN POSSESSION AWARDED A POINT FOR SPLITTING TWO OPPOSING PLAYERS WITH A PASS <p>PROGRESSION/CHALLENGE: ADDITIONAL POINTS IF SPLIT WITH A 1-TOUCH PASS</p>	<ul style="list-style-type: none"> - CONSTANT MOVEMENT OFF THE BALL - 1ST ATTACKER MUST HAVE DEEP, WIDE SUPPORT FROM A 2ND ATTACKER - 3RD ATTACKER LOOKING FOR SPACE OR RUNS BEHIND OPPONENTS - HIGH PASS QUALITY - QUALITY VISION AND COMMUNICATION
<p>MATCH RELATED ACTIVITY 3 GROUPS COMBINED FROM ABOVE</p> 	<ul style="list-style-type: none"> - 3 v 3 + 1 ATTACKER IN 20 x 30 GRID - A'S PROVIDE +1 AND A TARGET FOR EACH TEAM - 1 POINT = BALL TO TARGET - 3 POINTS = BALL TO TARGET 1ST TOUCH <p>PROGRESSION/CHALLENGE: DOUBLE POINTS IF PASS TO TARGET ORIGINATES IN OWN HALF</p>	<ul style="list-style-type: none"> - OFF BALL MOVEMENT INTO GOOD SUPPORTING ANGLES - AVOID COMPACTNESS ON ATTACK - LOOK EARLY TO PLAY TO TARGET - TARGETS MOBILE TO FULL WIDTH
<p>MATCH CONDITION GAME</p> <p>4 v 4 + 1</p>	<ul style="list-style-type: none"> - 4 v 4 + 1 ATTACKER TO GOALS IN 20 x 35 GRID - ATTACKER OVERLOAD SHOULD HELP CREATE CHANCES FOR FORWARD PLAY <p>PROGRESSION/CHALLENGE: CREATE A NO DRIBBLE IN ZONE DEEP IN ATTACKING 1/3 BALL MUST BE PASSED IN TO ATTACKER</p>	<ul style="list-style-type: none"> - 1ST ATTACKER DRIBBLE AT DEFENDER, COMMITTING THEM - SMART OFF BALL MOVEMENT
<p>COOL DOWN</p>	<p>SLOW/LIGHT JOG OR SHUTTLES, STRETCH, HYDRATE.</p>	