

I. WARM UP

A. HANDBALL → 1/2 W/ BALL 1/2 W/O BALL

- SKIPPING / SIDE-STEPPING / JOG
- HAND BALL OFF, THEN CHANGE OF PACE

B. S.A.A. WITH DRIBBLING (MAY DECREASE / INCREASE BALL RATIO)

- PLAYERS W/O BALL = SKIP / SIDE-STEP / ETC.

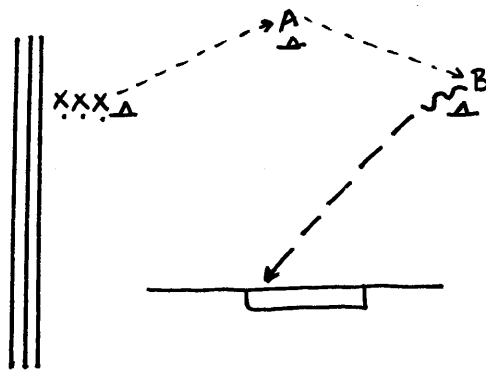
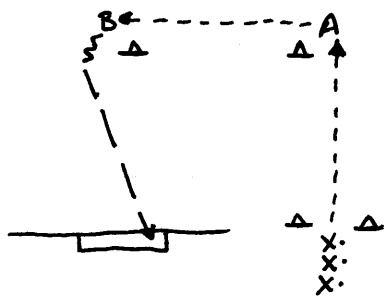
II. SHOOTING TECHNIQUE → QUICK SITTING / STANDING ROUTINE FOR "FEEL"

A. IN PAIRS - 10 / 20 YARDS - CLOSER IF NEEDED

- SHOOT AT EACH OTHERS FEET FOR ACCURACY NOT POWER
- GRADUALLY INCREASE POWER

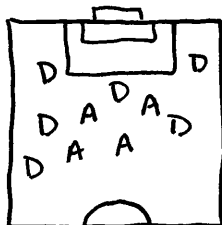
- FOCUS ON TECHNIQUE
- NO DEAD BALLS!!

III. PASS, RECEIVE, SHOOT



- SEE ADDITIONAL SHEETS FOR DETAILS

IV. LINK 10 GAME

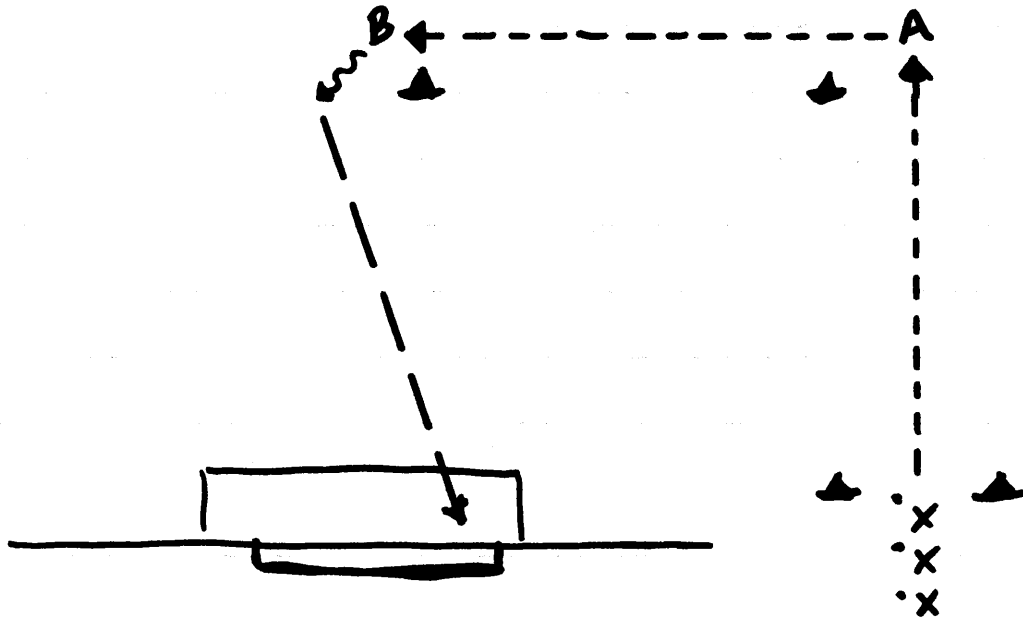


- ATTACKERS TRY TO SCORE = 1 POINT
- DEFENDERS ATTEMPT TO LINK 10 (OR OTHER #) OF PASSES TOGETHER & CROSS MIDFIELD = 1 POINT
- FIRST TO 5 WINS
- ROTATE THROUGH

V. SSG - LARGE GOALS IF POSSIBLE

- 4 v 4 / 5 v 5
- TRANSITION GAME

PASSING, RECEIVING, SHOOTING I



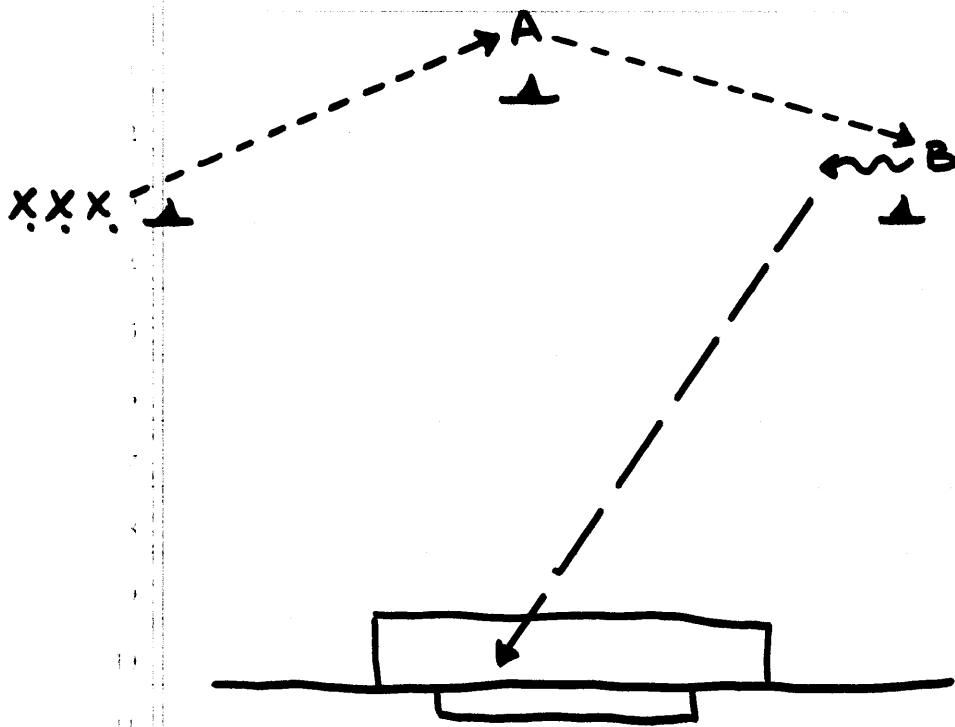
- "X" SERVES SOLID PASS TO THE FEET OF "A"
- "A" CONTROLS OUT TO SIDE TO SERVE "B" WITH A SOLID PASS
- "B" CONTROLS / DRIBBLES (2/3 TOUCHES) TO FINISH W/ SHOT

ROTATION = X TO A
A TO B
B TO X

COACHING POINTS

- PASSING TECHNIQUE / ACCURACY
- CONTROL / TURN OUT TO SHOULDER
- STRIKING TECH. / ACCURACY
- ATHLETIC STANCE
- QUALITY OF FIRST TOUCH
- QUICK ROTATION / FOLLOW
PASS / SHOT

PASSING, RECEIVING, SHOOTING II



X TO A

A TO B

B CONTROLS, SHOTS

VARIATION = MIRROR IMAGE FOR LEFT FOOTED SHOOTING

SAME COACHING POINTS AS I