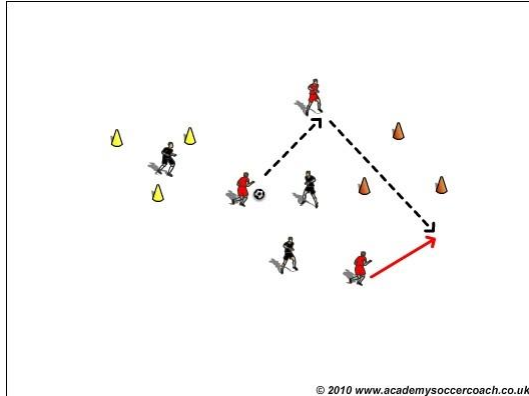
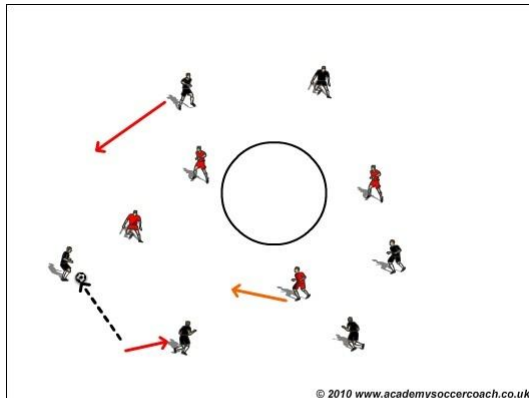


Warm-up

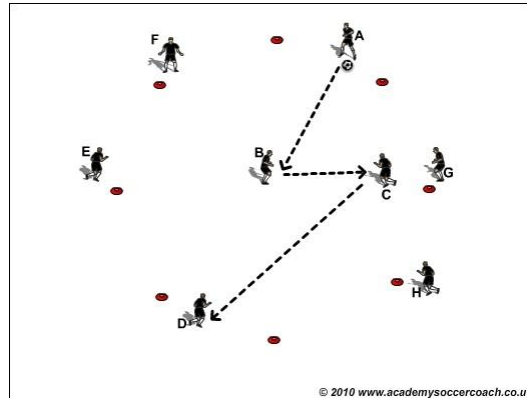
- Dribbling in grid
- Pullback
- Inside/outside cuts
- Cruyff
- Stepover -Reverse takeaway -Rivelino
- Scissors
- Puskas "V"



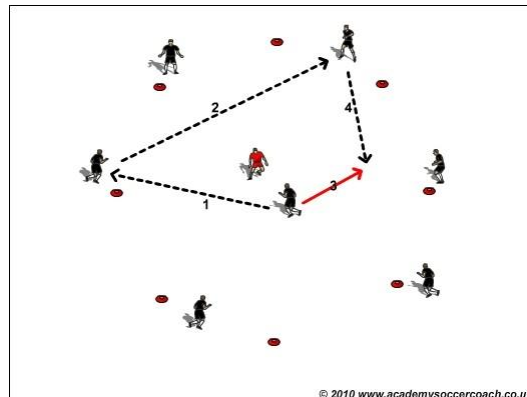
**TRIANGLE GOALS**  
SSG - 3v3, 4v4, 3v3+1, etc.  
-Goal is scored by completing pass through in-field triangle goals.



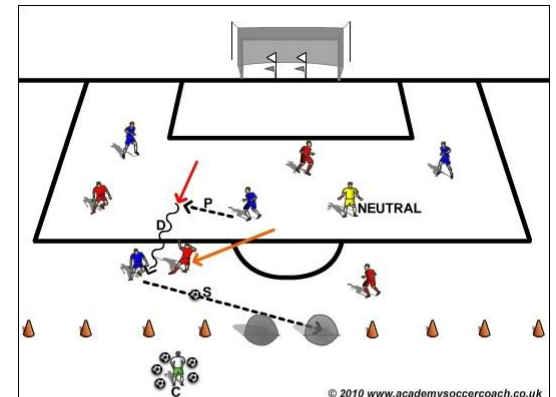
**POSSESSION, PASSING, and DRIBBLING**  
6v4, 4 defend the circle  
Attacking team maintain possession and score by dribbling into the circle  
-Var.: Also score by completing 5 consecutive clean passes - Prevents 4 guarding circle  
Defending team score by dribbling ball outside of area while in possession  
**COACHING POINTS:**  
-Creating space  
-Dribbling skills  
-Quality of passes  
-Support and off ball movement



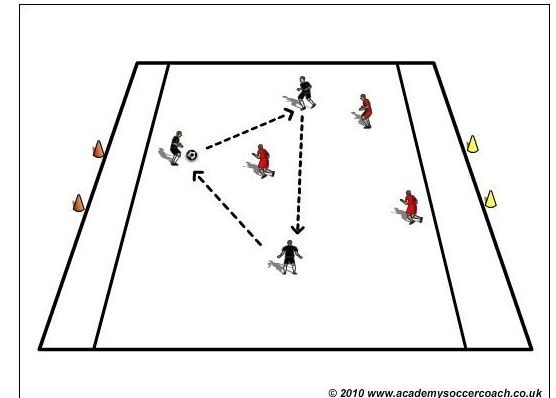
**CIRCLE POSSESSION**  
2 players in middle relieving and passing  
-A passes to B, C moves into supporting position for pass  
-C opens up, plays ball into D  
--Var.: Require that the second inside player (C) call out the name of player she intends to pass to BEFORE the ball arrives to her.  
-Limit number of touches if needed to keep flow of activity  
**COACHING POINTS**  
-Body shape while passing/receiving  
-Quality of pass - weight, timing, accuracy  
-Support angles  
-Quality of first touch



**CIRCLE POSSESSION**  
1v1 in middle of circle  
Outside players limited (2-3) touches, keep play moving and high intensity in middle  
Inside players as many touches as needed - encourage dribbling skills!  
Inside players may NOT tackle outside players, MAY intercept passes.  
**COACHING POINTS**  
-Quality of passes  
-Angles and depth of support  
-Off ball movement  
-Communication



**ATTACKING THIRD GAME - Shooting**  
4v4 / 4v4+1 / 4v4+GKs --- Full or modified width depending on numbers / playing level.  
-Provide "far post goals" (Puggs) on the coned line between middle and attacking third.  
-Provide flags defining the far post in the large goalmouth.  
--Free play within the "Attacking third"  
---Encourage many early shots as is desired in attacking third.  
---Encourage far post attempts (additional point?) while still allowing for near post strikes.  
**COACHING POINTS:**  
-Shooting technique. --low, hard, far post  
-Follow up  
-Far post runs  
**VARIATION:**  
Define a midfield line which an attacker may not retreat behind. Provide numbers up for attacking team.  
\*You never score with any of the shots you never take!\*



**BASIC SSG**  
-SSG= 3v3, 4v4, 3v3+1, etc.  
-Player in possession should always have two passing options  
-No GKs  
or  
-Last defender may act as GK in last 5 yards (play ball with hands)  
-Var.: Once acted as GK, may not do so again until one other from team has done so.