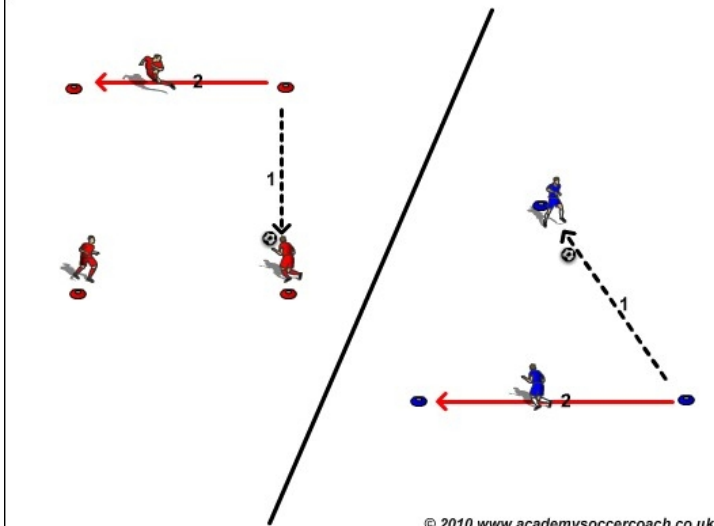


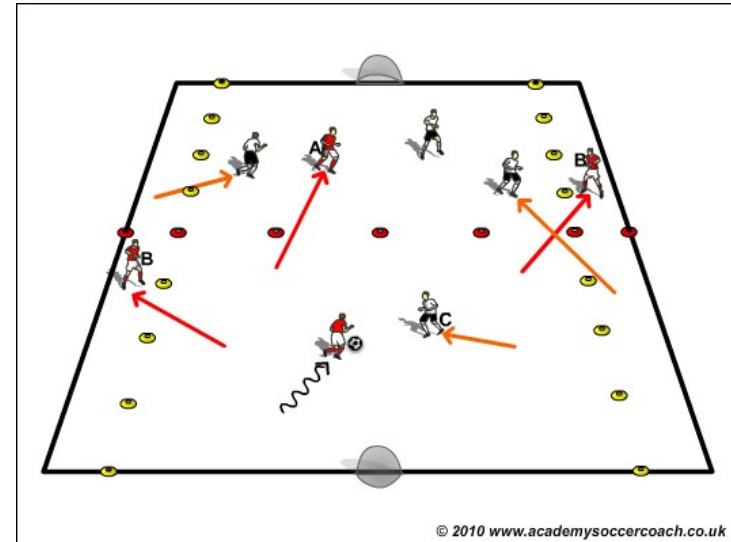
**Dribbling Warm-up**  
 Center circle or similar area  
 Receive ball (takeover) from player in circle  
 Dribble through circle, executing turns/skills  
 Deliver ball to waiting player on circle (takeover)

**COACHING POINTS**  
 No static feet on circle. Always ready, athletic stance/posture  
 No dribbling in straight lines, always taking new angles

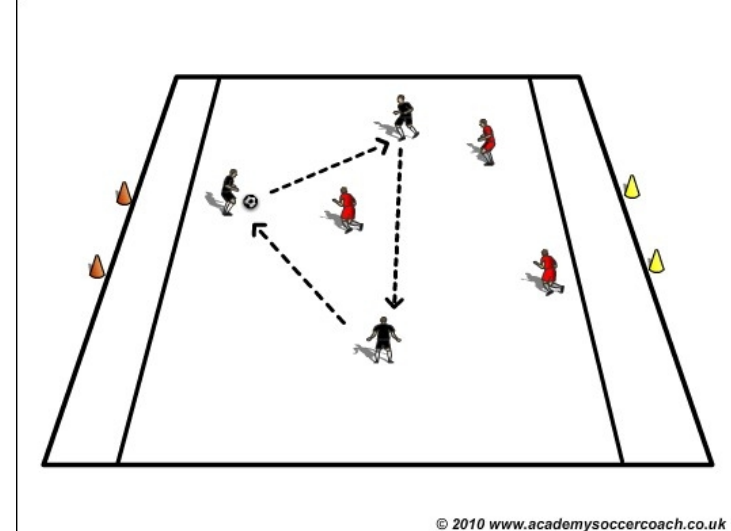


**Passing in groups of 2 or 3**  
 -Player with the ball plays a push pass into a teammate  
 -After pass, player makes a run to the open cone/corner

**COACHING POINTS:**  
 -Passing technique  
 -First touch. Control and prepare in one motion (second touch should be a pass)



**SSG With Transitional Emphasis**  
 4x4 grid with half and width areas defined  
 On possession, attacking players must visit attacking half (A) and each width (B)  
 -Width is 'safe' from active challenges from defenders  
 -May cheat back in as play dictates  
 On losing possession, all defending team save 1 (C) must recover to central defending half  
 -Numbers up overload once in attacking half



**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.