

As players arrive, split into 2 teams, playing SSG to small goals until all have arrived and played ~10 minutes.

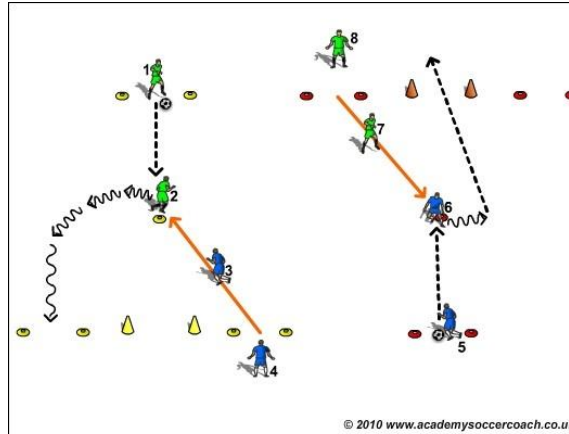
DONE:

- Dragback
- Cut -Inside and Outside
- Half Preki
- Scissors
- Stepover
- Double Scissors
- Full Preki

TO DO:

- Cruyff
- Puskas (outside of foot take-away)

EPSC

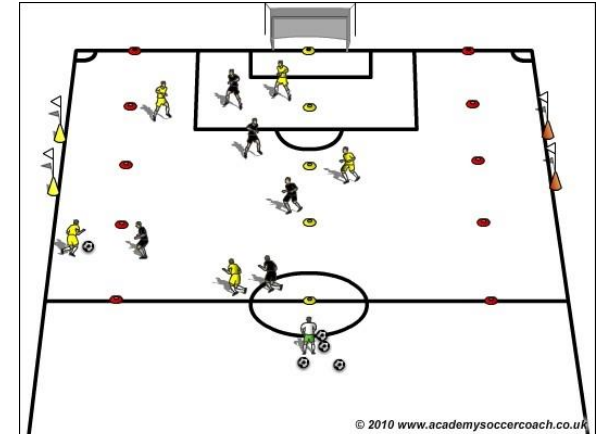


1 & 5 pass ball into feet of 2 & 6
 As ball is passed, 3 & 7 go live and actively defend against attacker (2 & 6)
 -2 turned and dribbled ball through wide gate for 1 point
 -6 turned and scored on goal for 3 points
 Rotation: 1-2, 2-4, 4-3, 3-5, 5-6, 6-8, 8-7, 7-1

DEFENSIVE COACHING POINTS:
 -Defender to "get there quickly but arrive slowly"
 -Low stance looking past attackers hip at ball, hand up softly to feel for movement
 -Patience

ATTACKING COACHING POINTS:
 -Control ball quickly to allow time for turn/shot
 -NO WAITING for 'perfect' shooting opportunity, just need a sliver of space
 -Change of pace

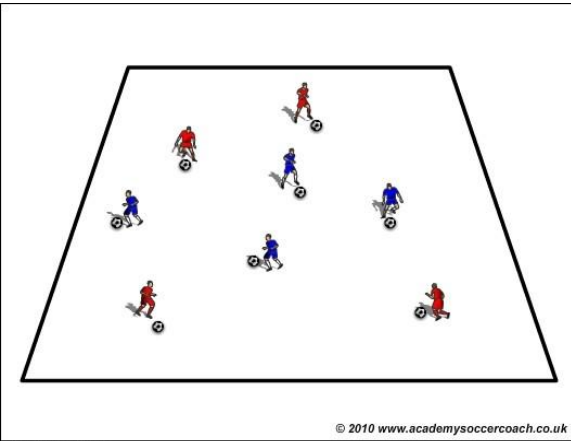
TRAINING



SSG with COMPOSURE ZONES
 SSG numbers (ie. 4v4), Appropriately sized field for age/ability
 -Team may retreat to their 'composure zone' for safety - No attackers permitted in.
 -Player in composure zone may dribble or pass out of zone.
 -Ball should never be permitted to stop dead, it must remain in motion.

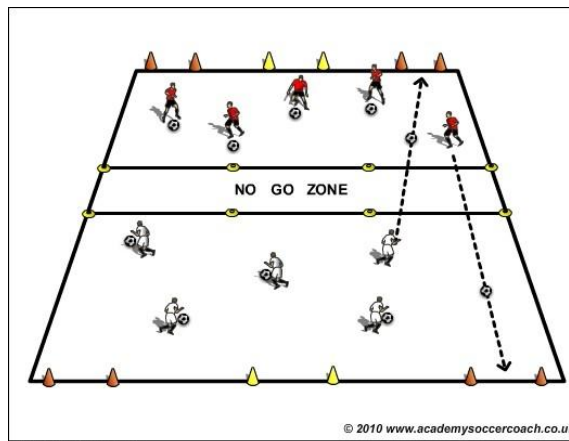
Variations
 -Last defender may act as GK while in zone
 -May restrict players from entering zone 2 consecutive times, must alternate players
 -5 second rule for time allowed in zone
 -Provide a 1/2 line. One player MUST remain in attacking half - provides overload

COACHING POINTS
 -Awareness, especially in composure zone
 -Quality and technique of passes
 -Off-ball mobility and runs
 -Take opportunities to finish on goal



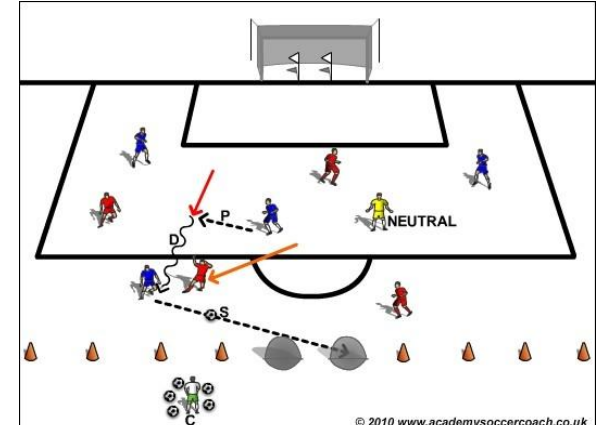
Ball Manipulation
 1. Cadences
 A. 1(L)-2(R)-3(L)-Miss(R) (Stepover)
 B. 1(R)-2(L)-Sole(R) (Dragover to inside)
 C. I-O-I-O (all same foot)
 D. I(R)-O(R)-I(L)-O(L)
 E. O(R)-I(R)-O(L)-I(L)
 F. I-O-Sole(same foot)
 G. Sole-sole-scissors(same foot)
 H. I-O-sole-scissors(same foot)

I=inside of foot
 O=outside
 R=right foot
 L=left



Clean Your Backyard
 Break the group into two teams and have each team stay only on their own half of the field. Place a 15 yard buffer zone between halves so that no one can enter or cross. Each player needs a ball. Place three small (3-5yd) goals at the far end of each side of the field. Have both teams shoot balls at the other teams goals in an attempt to score through any one of the small goals (below knee height). Players cannot cross the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense but no use of hands. Only shots (or passes) with laces count as goals.

Coaching Points:
 -Stress long passing technique
 -Point your toes down and lock ankle
 -Placement foot pointed to target and parallel to ball, pay attention to proper weight and angle (for low ball pass)
 -Strike the middle of the ball



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!"