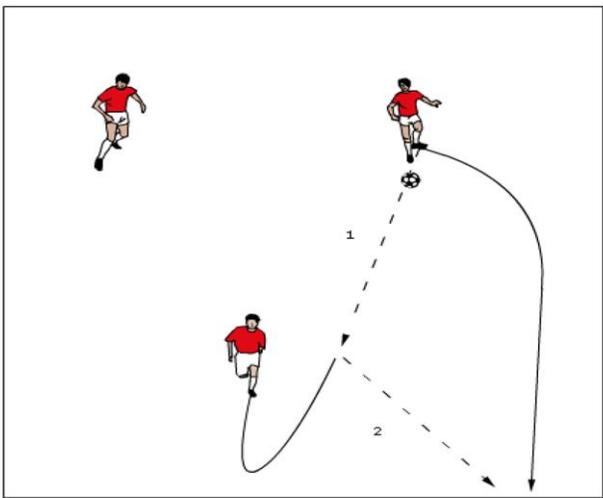
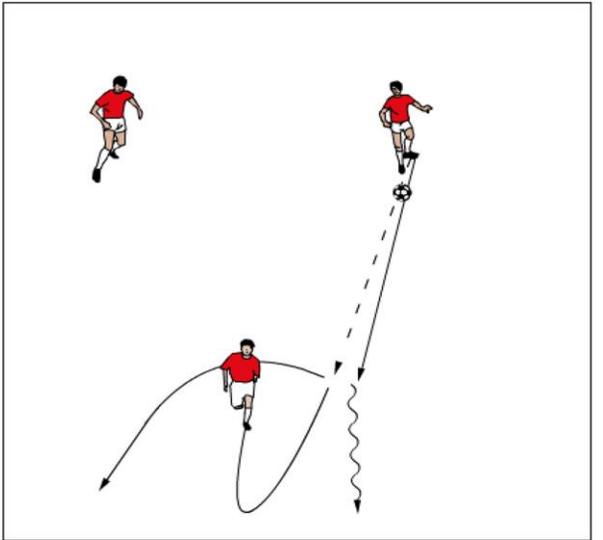
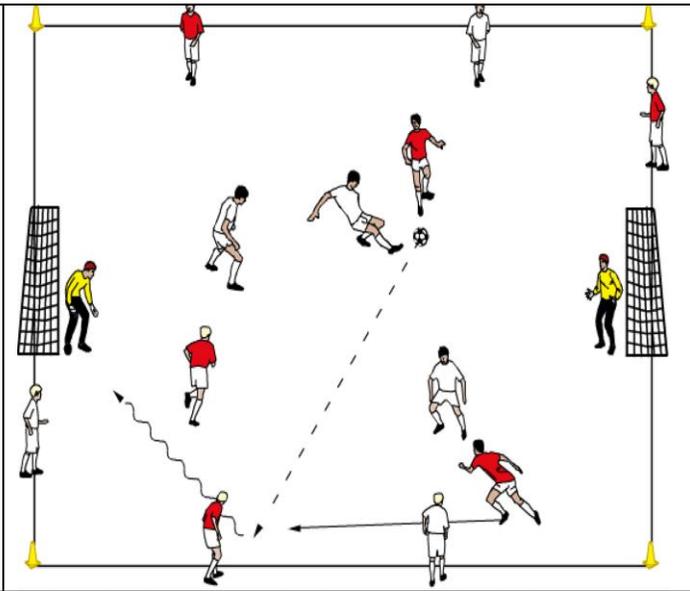
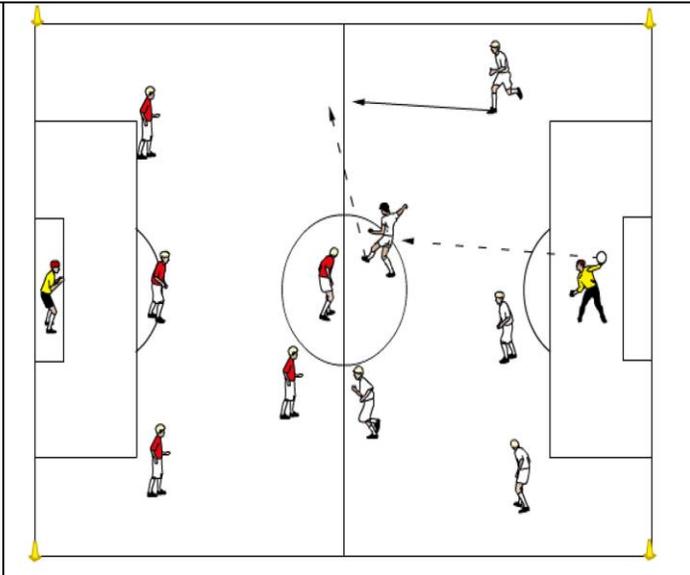


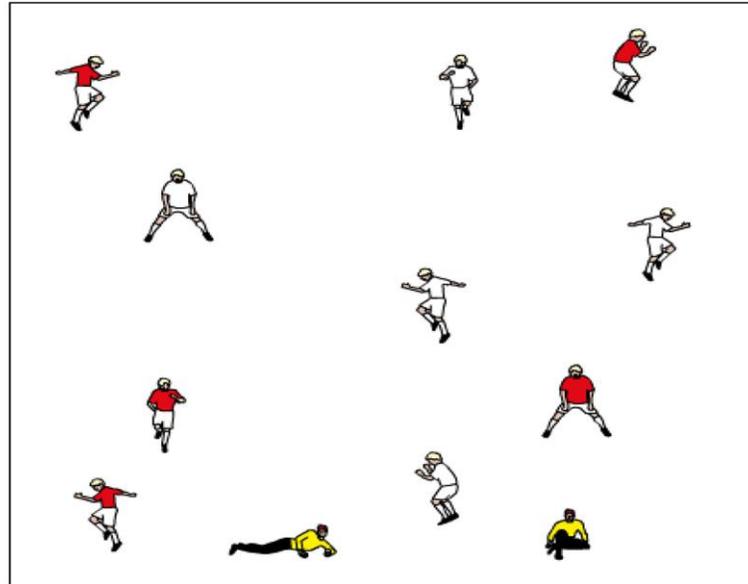
Activity Name	Description	Diagram	Coaching Points
<p>1</p> <p>In groups of three with unrestricted space.</p>	<p>The two back players pass the ball back & forth. One looks to find the target player. The target player checks at an angle to receive the pass (1) & passes (2) to the back player who has moved into an overlap position.</p>		<ul style="list-style-type: none">  Player on the ball must have hips facing the goal.  Player off the ball initiates the move.  Command is hold.  Run must be done at speed.  Player on the ball creates space by dribbling away from target area.
<p>2</p> <p>Same as above.</p>	<p>The same activity progresses into the final piece being a takeover. The forward keeps the ball long enough for the back to run up field and execute the takeover. The forward then spins and runs up field to support.</p>		<ul style="list-style-type: none">  Player on the ball keeps body between defender and the ball.  Player off the ball initiates the move.  Takes ball with foot closest to the ball.  Command is leave.  Players on the ball makes decision  Both players accelerate up field

<p>3</p> <p>3 vs. 3 + keepers with bouncers on the touchlines and goal lines. *Bouncers are players just off the field of play to whom a pass can be made. They can have limited or unlimited touches on the ball depending on the players' abilities.</p>	<p>Players may use the bouncers of their same color. Bouncers may be played on to create a numerical advantage by performing combinations. The players chose the combo based on the situation. Must obtain the numerical advantage before they can go to goal.</p>		<ul style="list-style-type: none"> ☞ Recognizing when a combination is 'on' by reading the actions of the defender. ☞ Do not force combinations. Use bouncers to keep possession. ☞ Must make the defender commit!
<p>4</p> <p>5 vs. 5 + goalkeepers on a 60 x 45 yard field.</p>	<p>Goals coming off a combination count for three points, while a regular goal is worth one point. Emphasis on using the two combinations introduced in the earlier activities.</p>		<ul style="list-style-type: none"> ☞ Stop & ask guiding questions when opportunities to combine are available but not recognized by the players. ☞ All of the coaching points from the previous activities can be reinforced when applicable.

5

Cool-down in one corner of the field.

The players execute different hopping and skipping movements and intersperse static stretching.



While they cool-down and rehydrate ask the players to repeat the major points of the session. Let them use their own words and this process helps to reinforce the concepts.