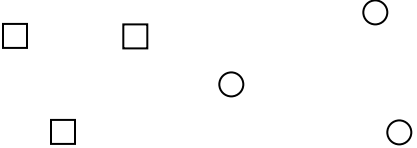
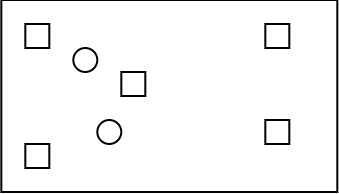
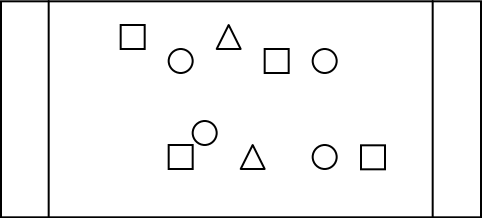
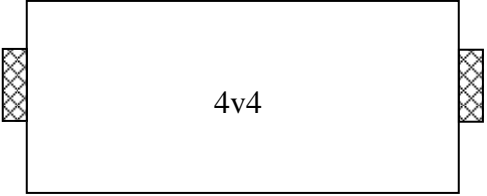
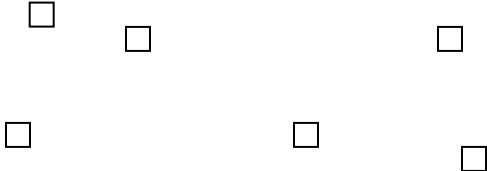
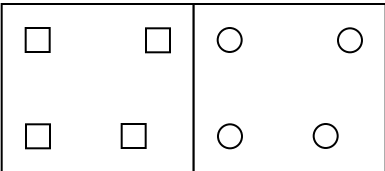
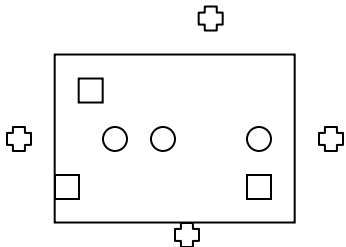
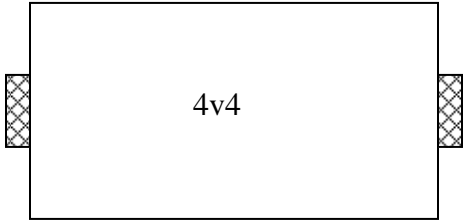


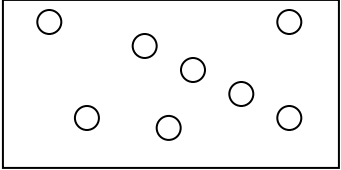
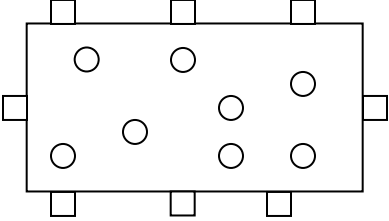
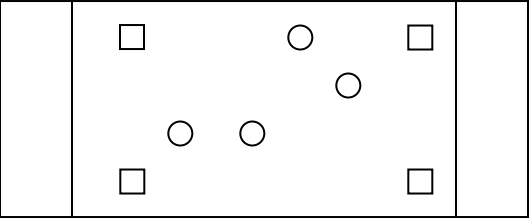

Name:

Topic: Short Passing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 5v2 in a 20-x-15 yard area ▪ Attackers earn points by reaching a predetermined number of passes or by splitting the defenders ▪ Defenders earn points by touching the ball or when the ball leaves the area ▪ When a defender steals the ball he/she switches spots with the person that lost the ball <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass ▪ KEEP SCORES
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 plus two neutrals in a 50-x-40 yard area ▪ Teams score by passing to a player in the end zones <p>Progressions: Specify what surface must be used to pass the ball. Progress to scoring to a target player in the zone.</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass ▪ Passes should be played on angles
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 with no restrictions on players ▪ Teams score by shooting into goals 	<ul style="list-style-type: none"> ▪ LET THEM PLAY

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three people – moving and passing ▪ Emphasis on first touch preparing for next touch <p>Progressions: Specify what surface must be use to control the ball.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Squares number off 1, 2, 3, 4... ▪ Circles letter off a, b, c, d... ▪ Groups stay in their half and pass sequentially <p>Progressions: Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix.</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 3v3 in a 20-x-30 yard area ▪ Have one neutral player be on each sideline ▪ Neutrals can move along the sideline ▪ Points awarded for consecutive number of passes <p>Progressions: Progress to two neutrals being target players and points being scored by passes to target players</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with receiving ability

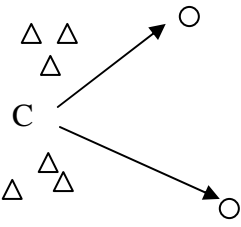
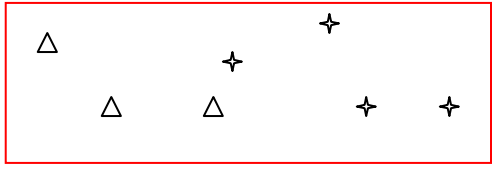
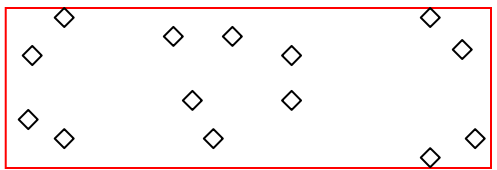


<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ START WITH JUGGLING (50 Touches) ▪ Set up a 25-x-35 yard grid ▪ Players move around grid with ball ▪ On coaches command players toss ball then bring ball down under control with foot ▪ Stretch <p>Progressions: Specify what surface must be used to control the ball. (inside foot/instep, thigh,chest)</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Controlling surface goes out to meet ball ▪ Relax the controlling surface and withdraw just before impact
<p>FUNDAMENTAL ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up a 25-x-35 yard grid ▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside ▪ Players on the inside show for a ball, receive a lofted pass, and then pass the ball back to the outside player ▪ Switch players out ▪ Progressions: Specify what surface must be used to control the ball. 	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface and withdraw just before impact
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + 2GK's in a 40-x-50 yard area with 10 yard end zones at each end ▪ Each team is given an end zone to attack and to defend – GK keepers move about grid receiving ball. ▪ Teams score by GK throwing a lofted ball into the end zone and having a player receive and control the ball in the end zone <p>Progressions: Specify what surface must be used to control the ball. Give more points for certain surfaces (2 points for receiving with a thigh, one for receiving with a foot).</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Controlling surface goes out to meet ball ▪ Relax the controlling surface and withdraw just before impact ▪ 1st touch prepares for next touch
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Let them play!

Passing

Name: _____

Activity

Coaching Points

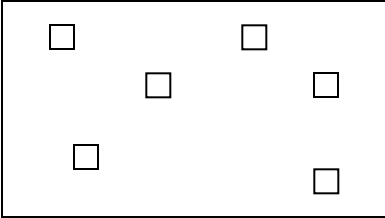
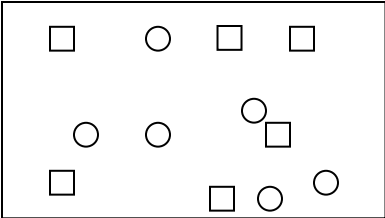
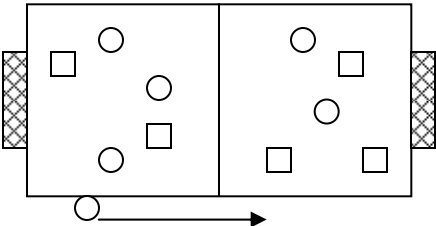
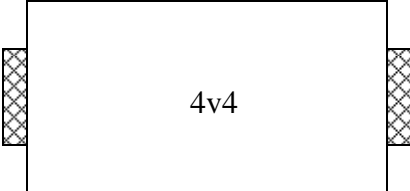
1 st Activity (warm-up) Ball Master	DIAGRAM	<ul style="list-style-type: none"> Working together, communication on how to succeed.
<p>Groups of 3-4 Players, Coach tosses balls and players have to bring back as a group – example would be toss and bring back with 2 elbows and 1 head – mix up options and coach also to move around (MAKE THEM THINK)</p>		<ul style="list-style-type: none"> Ask GUIDED DISCOVERY QUEST. What other ways can you bring it back “faster”? Is there anything you can do to make it easier?
<p>2nd Activity 3 Player Pass and Move</p>	<p>DIAGRAM</p>	<ul style="list-style-type: none"> Passing and moving into space – head ups
<p>Groups of 3-4 Passing & moving in a grid – Progress to numbering players (HAVE THEM DO THE NUMBERING) and pass in sequence.</p>		<ul style="list-style-type: none"> Ask GUIDED DISCOVERY QUEST. Is there anything that makes this difficult? What can we do to make it easier? If they are not communicating – ask what can we do to make it easier for person with ball to pass to teammate?
<p>3rd Activity Gates</p>	<p>DIAGRAM</p>	<ul style="list-style-type: none"> Passing and moving – looking for next gate
<p>3-4 Players passing through gates – allow them to try it first to get the hang of it. Then progress to timed 1 minute game...Do not restrict them in any way – see if they will be creative and only go through 1 gate</p>		<ul style="list-style-type: none"> Ask GUIDED DISCOVERY QUEST. What can we do to speed up our time? What makes it difficult to get through the gates? How can we make it easier?
<p>4th Activity 4-Goal Game</p>	<p>DIAGRAM</p>	<ul style="list-style-type: none"> Passing and moving, communication.
<p>3-4 Players Passing/Combining with teammates to score thru goals by passing to teammate. Coach to stand at side with supply of balls – if it goes out of bounds coach plays in a new ball – vary where and who you play it to!</p>		<ul style="list-style-type: none"> Ask GUIDED DISCOVERY QUEST. How can we make it easier to score? If they bunch up – What can we do to create space?
<p>5th Activity (the game) <i>Even Games with Keepers</i></p>	<p>DIAGRAM</p>	<ul style="list-style-type: none"> LET THEM PLAY
<p>6v6 With Keepers</p>		<p>However, if they are not passing well – continue with Guided Discovery Questions – What can be done to make it easier to pass?</p>



Name:

Topic: Dribbling - Possess #1

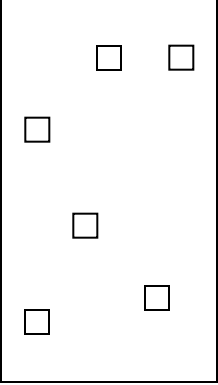
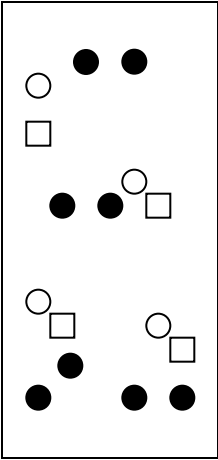
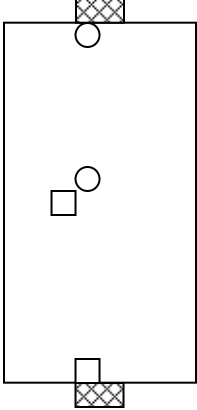
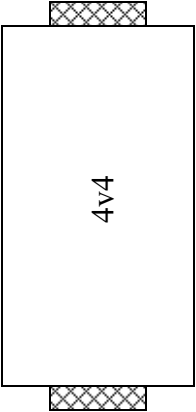
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<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players in a 15-x-12 yard area – moving and dribbling Emphasis on players looking for space and playing the ball with their foot that is farthest away from other people <p>Progressions: Specify how ball must be dribbled</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Everyone with a ball in a 15-x-12 yard area Each player tries to kick other people's balls out of the area without losing possession of their own Once ball is kicked out player must do a task before returning to the game (ball taps) Whoever had their ball kicked out the least in 2 minutes wins <p>Progressions: Specify how ball must be dribbled. Set up two grids, when a person gets kicked out of the first grid they go to the other grid.</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Set up area as shown, each team has three defenders and two forwards that stay in their half Balls must be passed across the half line When a ball is passed a defender can move across the line and help out in the attack <p>Progressions: Players can move anywhere in the field</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure Can the forwards hold off the defense and wait for the defender to help out
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with player's ability to dribble to possess the ball

Name:

Topic: Dribbling - Possess #2

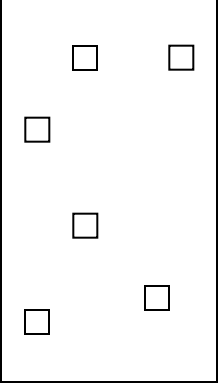
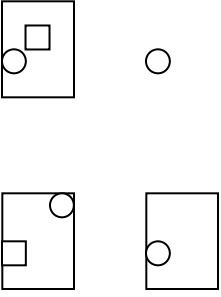
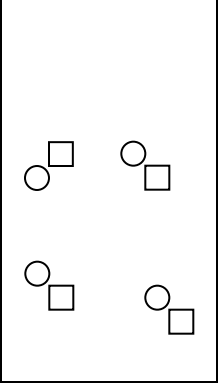
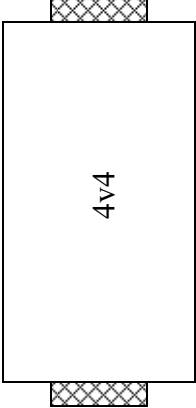
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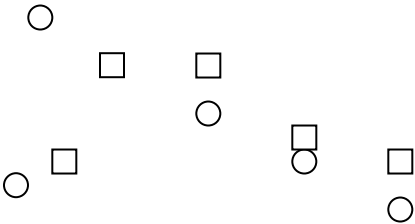
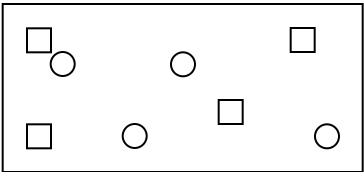
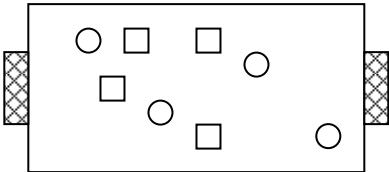
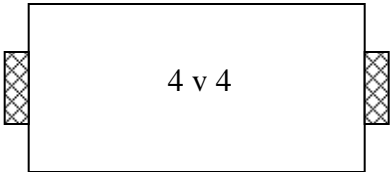
<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players in a 15-x-12 yard area – moving and dribbling Emphasis on players looking for space and playing ball with foot away from other people <p>Progressions: Specify how the ball must be dribbled. Play a tag game.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent
<p>MATCH RELATED ACTIVITY</p> 	<p>Four 2-3 yard goals are spaced out in area</p> <ul style="list-style-type: none"> Eight players are divided into pairs, each pair needs a ball One person starts with ball and tries to dribble ball through a goal as many times as possible Switch roles after loss of possession Player with most goals after 1 min wins <p>Progressions: Specify how ball must be dribbled. Have different colored cone goals worth different points. Once a person dribbles through a goal they stop the ball and give it to the other player</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 2v2 in a 15-x-20 yard area When a player passes back to his/her goalkeeper they switch roles <p>Progressions: Combine two games so one game is 3v3 in the middle with keepers.</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure Whenever a defender is under pressure and facing their goal they should play the ball back
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with player's ability to dribble to possess the ball

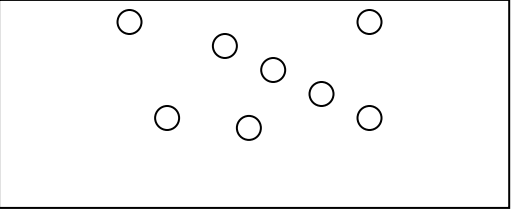
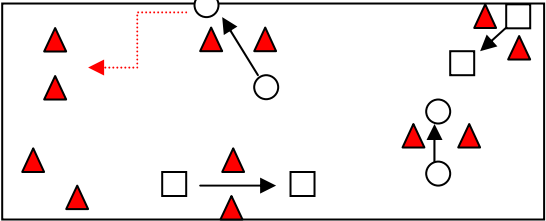
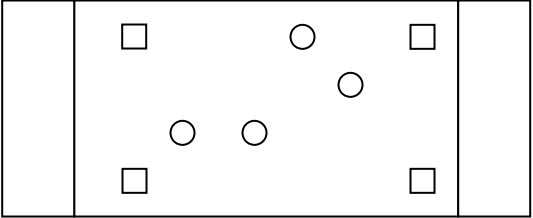

Name:

Topic: Dribbling - Possess #3

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<ul style="list-style-type: none"> Players in a 15-x-12 yard area – moving and dribbling Emphasis on players looking for space and playing ball with foot away from other people <p>Progressions: Play Knockout (everyone tries to kick everyone else's ball out of area)</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Set up three small grids approximately 8-x-6 yards In each grid two players play 1v1, trying to hold the other person off An extra person moves outside the grid and calls for the ball from one of the people inside the grid, who passes them the ball to relieve pressure After the pass is made the outside person and the player who made the pass switch roles <p>Progressions: Start with two outside people and then only have one</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure Hold off the defender until help arrives
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 25-x-35 yard area Each team has a line to defend and a line to attack Teams score by dribbling under control across the defending line of their opponent <p>Progressions: Allow forward passes. Add small cone goals.</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with player's ability to dribble to possess the ball

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone finds a partner ▪ One person in the pair is designated as the leader, the other shadows that person ▪ Switch roles after 60 seconds ▪ Stretch ▪ Repeat with a ball at a faster speed 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Defenders should keep their eye on the ball ▪ Defenders want to be close to the attacker, close enough so that in a game the attacker would look down at the ball
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-30 yard area ▪ Teams try to complete 5 consecutive passes ▪ Players must mark up on someone on the other side and cover only them the whole game 	<ul style="list-style-type: none"> ▪ Defenders should stay ball-side and goal-side of their mark ▪ Defenders should position themselves so that they can always see their mark and the ball at the same time ▪ When applying pressure, the defender should focus solely on the ball
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-30 yard area ▪ Teams attack and defend a goal ▪ Just as above, the players must mark up with someone on the other team and only cover that person ▪ Should a defender be beaten, no one on his/her team can help them out, they must recover 	<ul style="list-style-type: none"> ▪ Defenders should stay ball-side and goal-side of their mark ▪ Defenders should position themselves so that they can always see their mark and the ball at the same time ▪ When applying pressure, the defender should focus solely on the ball
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ 4v4 +GK game ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if the team has good marking ability

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ START WITH JUGGLING (50 Touches) ▪ Set up a 25-x-35 yard grid ▪ Teams divided into 2 Colors <ol style="list-style-type: none"> 1. Pass and move 2. Pass to different color and move ▪ Stretch 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Prepare your eyes and body to play quickly. ▪ Keeping the ball moving until able to make a pass.
<p>FUNDAMENTAL ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up a 25-x-35 yard grid – Make small “Gates” inside grid to act as goals ▪ Two teams of 3-5 players each ▪ Points are scored when ball is dribbled or passed to teammate through gate <ol style="list-style-type: none"> 1. Score 2 points if dribble through gate and make connecting pass. 2. Score 1 point if pass through gate to teammate who keeps control of the ball 	<ul style="list-style-type: none"> ▪ Dribbling Technique <ol style="list-style-type: none"> 1. Turning 2. Beating an opponent 3. Shielding ▪ Passing Technique <ol style="list-style-type: none"> 1. Accuracy and weight of pass 2. Disguise pass • Thoughts to Teach <ol style="list-style-type: none"> 1. Cues of when to dribble? 2. Cues of when to turn? 3. Cues of when to pass?
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up a 25-x-35 yard grid ▪ There is endzone on each end of grid ▪ Points are scored when ball is dribbled or passed to teammate in the endzone <ol style="list-style-type: none"> 1. Score 2 points if pass to teammate who controls the ball 2. Score 1 point dribble into endzone ▪ Keep play continuous – team scores other team immediately takes possession to score in opposite direction 	<ul style="list-style-type: none"> ▪ Dribbling Technique <ol style="list-style-type: none"> 1. Turning 2. Beating an opponent 3. Shielding ▪ Passing Technique <ol style="list-style-type: none"> 3. Accuracy and weight of pass 4. Disguise pass • Thoughts to Teach <ol style="list-style-type: none"> 1. Cues of when to dribble? 2. Cues of when to turn? 3. Cues of when to pass?
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play even teams – no keepers ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Continue to work on “thoughts to teach”