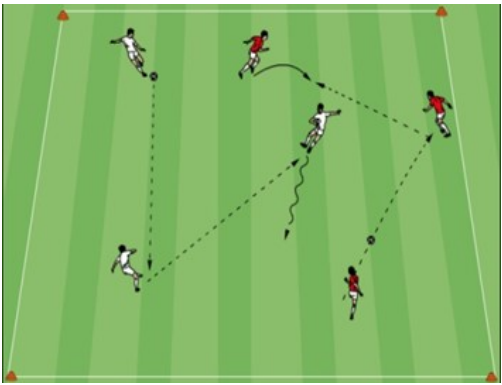
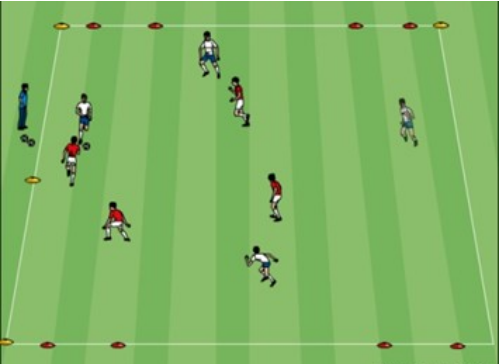
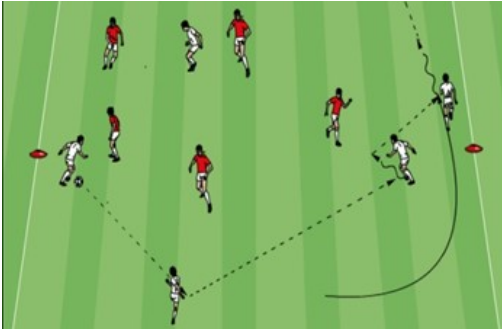



PLAY — PRACTICE — PLAY

“Passing/Receiving”

Dribbling move
Scissor/v-turn

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
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	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<p>#1 15 mins</p>	<p><u>Group Passing</u> 12 Players divided into 4 Groups of 3. 3 Players pass and move with one soccer ball 3 touch: receive, prep & pass 2 touch: receive & pass, 1 touch: pass 3 seconds maximum in one area.</p>		<ul style="list-style-type: none"> • Take 1st touch towards passing option • Communicate • Keep the feet moving prior to receiving the pass
<p>#2 15 mins</p>	<p><u>4V4 to small goals</u> In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.</p>		<ul style="list-style-type: none"> • View the entire field • Team shape • Look for options • Increase speed of play
<p>#3 15 mins</p>	<p><u>5v5/6v6 to Six Goal Game:</u> Players divided in two teams Play 6v6 with six goals located on end lines; each team attacks & defends three. Teams score points by dribbling or passing through goals. Dribble goal located in center = 1 point..Pass through either goal near sideline = 1 point Pass through either goal near sideline from .change of point of attack = 3</p>		<ul style="list-style-type: none"> • Team shape • Move into space • Communicate with teammates
<p><u>PLAY</u> 25 mins</p>	<p><u>Scrimmage</u> 11 V 11 scrimmage</p>		<p>Let them play</p>

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players