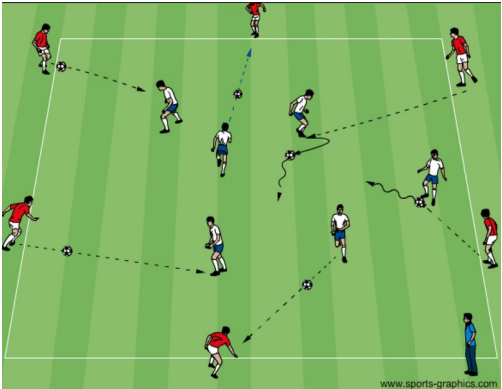
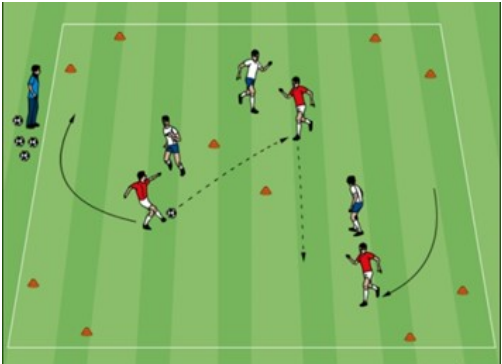
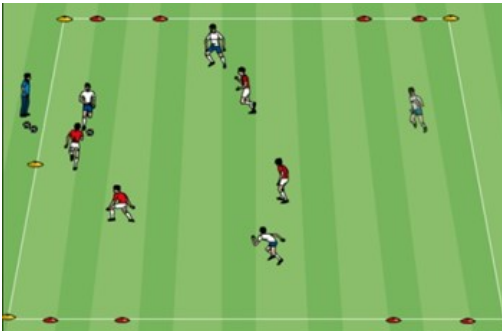



**PLAY — PRACTICE — PLAY**

**“Passing/Receiving”**

**Dribbling move  
Scissors/v-turn**

<p><b>PLAY</b> 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
---------------------------------	---	---	----------------------

	<b><u>Activity Description</u></b>	<b><u>Set Up Diagram</u></b>	<b><u>Coaching Points</u></b>
<p><b>#1</b> 15 mins</p>	<p><b><u>Working Square</u></b> Half of the players on the inside of the square (with soccer balls), half on the outside. The insider players pass the soccer ball to the outside players. The outsiders will pass the ball back with one or two touches to the insiders. The insiders will receive the soccer ball and look for another outsider to pass to. After a few minutes, switch insiders with outsiders.</p>		<ul style="list-style-type: none"> <li>• Heal down and toe up when passing</li> <li>• Eye on the ball upon receiving</li> <li>• Keep the feet moving prior to receiving the pass</li> </ul>
<p><b>#2</b> 15 mins</p>	<p><b><u>3V3 (5 goal)</u></b> In a 20x30 yard grid, five 2 yard gates are spread out throughout the grid. The teams score by passing and receiving through any of the gates to a teammate.  Coach: Focus on players getting in good supporting shape (triangles)</p>		<ul style="list-style-type: none"> <li>• Pace of the pass</li> <li>• Move quickly to open gates</li> <li>• Team shape (triangles)</li> </ul>
<p><b>#3</b> 15 mins</p>	<p><b><u>4V4 To Small Goals</u></b> In a 30x35 yd. grid each team defends and attacks two goals. If playing with 4 players, the attacking formation should be a diamond. If attacking with five players, the attacking formation should be a 3-2 or 2-1-2.</p>		<ul style="list-style-type: none"> <li>• Team shape</li> <li>• Look for opportunity to score</li> <li>• Communicate with teammates</li> </ul>
<p><b><u>PLAY</u></b> 25 mins</p>	<p><b><u>Small Sided Games</u></b> 7V7 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