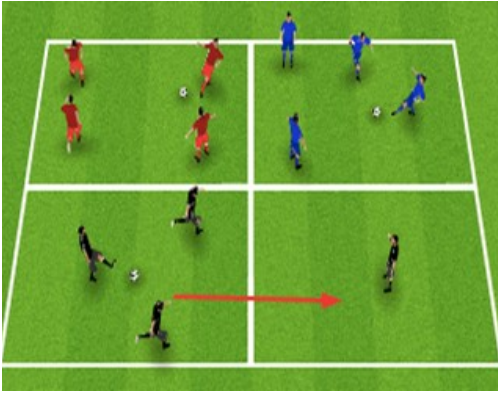
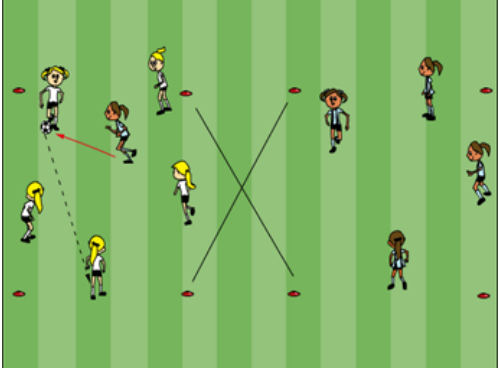
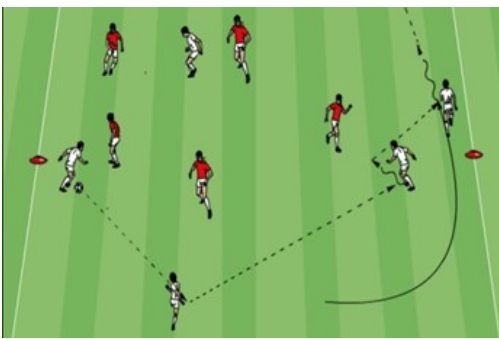



PLAY — PRACTICE — PLAY

“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>Equipment: pinnies, 10 –12 cones</p>
<p>Activity Description</p>		<p>Set Up Diagram</p>	<p>Coaching Points</p>
<p>#1 15 mins</p>	<p>Groups of 3 Passing & Receiving: 12 Players divided into 3 Groups of 4. Players pass and move with one soccer ball. Once a team has made 4 passes in a square they then have to move with the ball into a open square. Only one team can be in a square at a time.</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>5v2 Possession with pressure: Two 15X15 yd grids with a 5X5 neutral area. Divide your team in half. Each team occupies a grid & one team starts with the ball. The team with the ball keeps it away from 2 defenders from the other team. When the defenders win the ball they immediately pass the ball to their grid and return to keep it away from 2 on rushing defenders from the other team. Defenders cannot pressure until the ball is in the opposing grid. <i>Add toe touches</i></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>5v5/6v6 to Six Goal Game: 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>PLAY 25 mins</p>	<p>Scrimmage 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