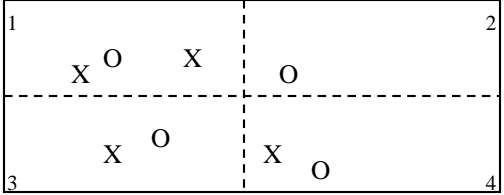
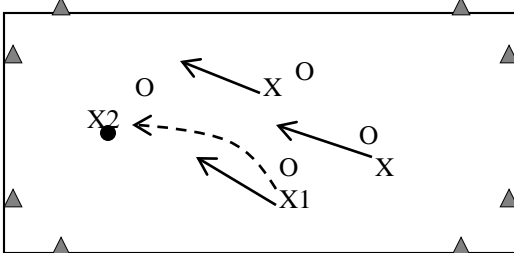
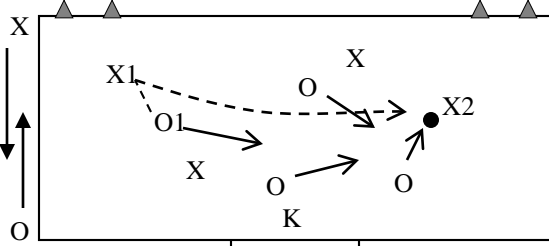


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>4 v 4</p> <p>-open possession</p> <p>- coach calls a number teams play within that area, 1 top left, and 5 is the whole field</p> <p>* STRETCH</p>	<p>Organization</p>  <p>20 yds</p> <p>30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> -speed of thought -speed of play - support - team work - change of direction
<p>Match Related Activity 15 min.</p> <p>4 v 4 to multiple goals</p> <p>-open possession</p> <p>- can add a third team of 4 or 5 players</p>	 <p>20 yds</p> <p>30 yds</p>	<ul style="list-style-type: none"> -communication - longer passes - team understanding - (X1) plays along ball to (X2) the whole team goes to support (X2)
<p>Match Related Activity 20 min.</p> <p>5 v 5 + keeper</p> <p>- limit touches on the ball</p> <p>- time possession time</p>	 <p>30 yds</p> <p>40 yds</p>	<ul style="list-style-type: none"> - (O1) has lost the ball to (X1), (X1) passes to (X2), the (O) team all react from attacking to defending - team shape and balance
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - to understand how to support each other in transition from attack to defense and also from areas on the field
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	