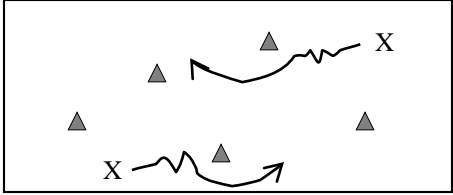
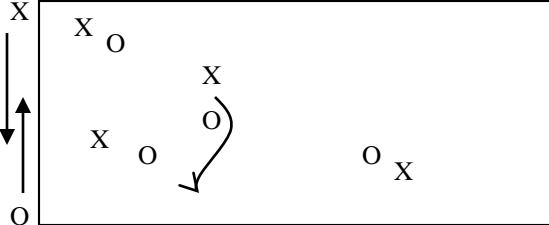
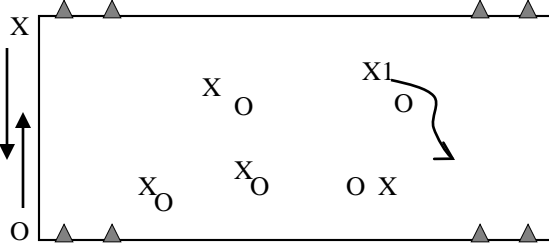


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p><b>Fundamental - Warm Up</b>     <b>15 min.</b>                  Players attack cones and execute a set skill move around the cone</p> <p><b>* STRETCH</b></p>	<p style="text-align: center;"><b>Organization</b></p>  <p style="text-align: right;"><i>15 yds</i></p> <p style="text-align: center;"><i>20 yds</i></p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- step over (player steps over the ball to unbalance the opponent)</li> <li>-self pass (player plays ball around opponent to run onto)</li> <li>-lunge (player steps and leans to one side)</li> <li>- Mathews (two touches with the inside of the foot, then one big touch with the outside of the same foot)</li> </ul>
<p><b>Match Related Activity</b>     <b>15 min.</b>                  4 v 4 playing to end lines</p> <p>- players get a point for beating a player with a move</p>	<p style="text-align: center;">end line</p>  <p style="text-align: right;"><i>20 yds</i></p> <p style="text-align: center;"><i>25 yds</i></p> <p style="text-align: center;">end line</p>	<ul style="list-style-type: none"> <li>- keep ball under control</li> <li>-look to disguise move</li> <li>-change of pace</li> <li>-explode</li> <li>-player must eliminate opponent</li> <li>- attack with a purpose</li> </ul>
<p><b>Match Related Activity</b>     <b>20 min.</b>                  6 v 6 game to 4 goals</p> <p>- can add neutral players to help achieve topic</p>	 <p style="text-align: right;"><i>35 yds</i></p> <p style="text-align: center;"><i>30 yds</i></p>	<ul style="list-style-type: none"> <li>- promote risk taking in the final third</li> <li>-help players with confidence</li> <li>- (X1) shows a Mathews the two touches to the inside take (O1) away from the space then (X1) wants to attack the final touch</li> </ul>
<p><b>Match Condition Game</b>     <b>40 min.</b>                  11 v 11 game</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> <li>-open play</li> <li>-safety should now be a major thought of the players</li> <li>-be aware of opponents strengths and weakness and exploit them</li> </ul>
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog &amp; Stretch</p>	