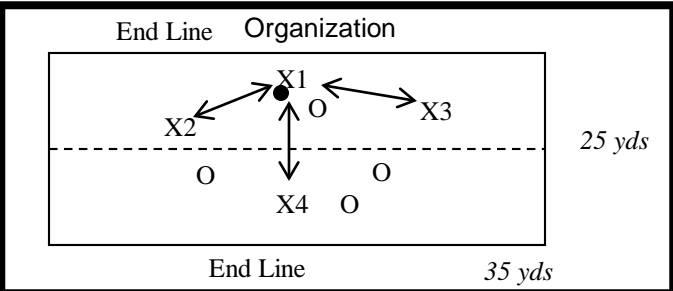


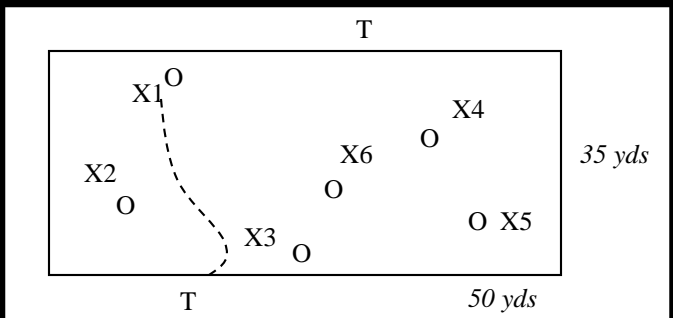
X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

Fundamental - Warm Up 15 min.
 Two teams of 4 players
 Playing to end lines, field is divided into two halves
 -time teams
 - number of touches
 * **STRETCH**



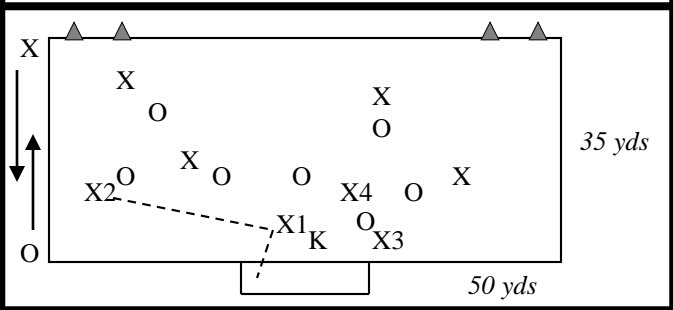
Key Coaching Points
 -(X1) has ball, X2 and X3 are maintaining shape. (X4) has taken a holding position
 - change the number of supporting players you want in the attacking half 1, 2, 3, or all four players.

Match Related Activity 20 min.
 6 v 6 playing to targets
 -targets must move so attacking team must work ball to find target
 - every player must touch ball before going to target



-this attack shows depth from (X1) to (X3) to (X2), the width is given by (X5) and (X4), (X1) dribble into space to find a target
 -speed of play
 -attack in numbers
 - individual skill moves

Match Related Activity 25 min.
 8 v 8 + keepers
 - rotate formation from 1 to 2 to 3 forwards so players are aware of movement of the ball



-rotate teams so both teams can attack the large goal + keeper
 -teams must understand that if the shot is on the shooter must take the shot regardless of shape
 - communication
 - (X1) receives ball from (X2) who is on the flank, (X3) has taken up a position on the back post, (X4) is giving support from behind

Match Condition Game 40 min.
 11 v 11 game

full field game

- look to attack with pace while keeping shape

Cool Down

Light Jog & Stretch