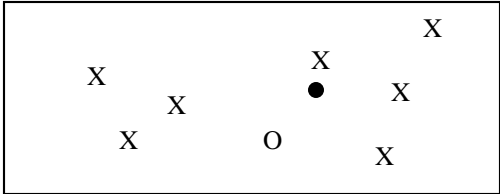
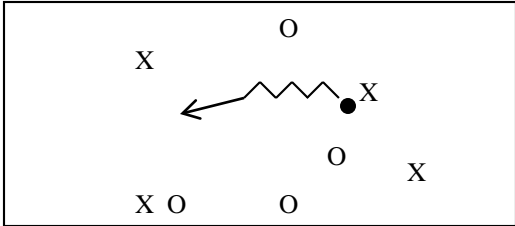
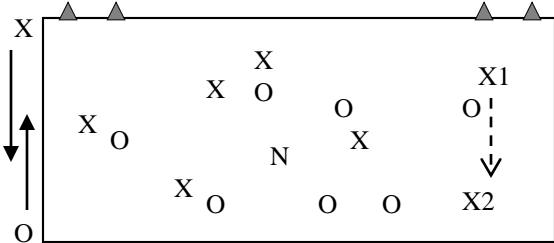


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>-passing with team mates (X) -add defender (O)</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 -when to pass -when to dribble -when to hold onto the ball -head up always looking -composure on the ball
<p>Match Related Activity 15 min.</p> <p>4 v 4 playing to targets</p>	<p>Organization</p>  <p>20 yds</p> <p>30 yds</p>	<ul style="list-style-type: none"> - (X) can not pass to either target because of markers(O). (X) must hold onto the ball and dribble through the center of grid - players must not be predictable in their play
<p>Match Related Activity 20 min.</p> <p>7 v 7 + neutral with defending team</p>	 <p>35 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> -(X1) plays a ball down the side line his other players are all marked -speed of play safety of each pass
<p>Match Condition Game 40 min.</p> <p>11 v 11</p>	<p>full field game</p>	<ul style="list-style-type: none"> - player with the ball must try to have more than 1 option
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	