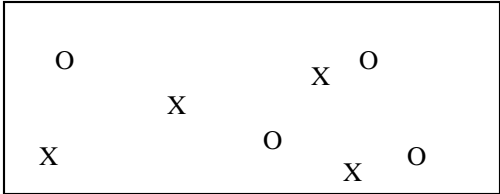
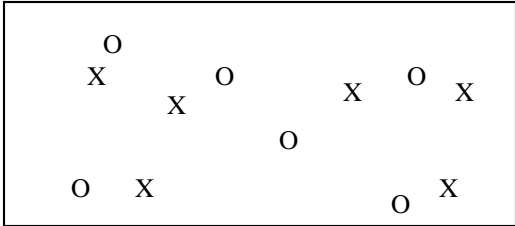
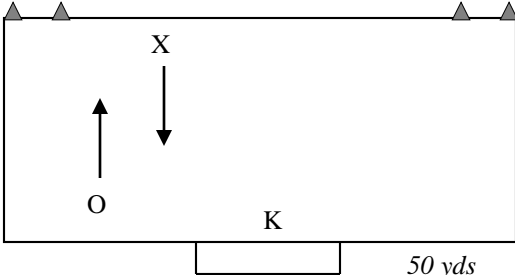


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Walk

<p>Fundamental - Warm Up 10 min.</p> <p>- 4 v 4</p> <p>teams try to get 5 passes to get a point</p> <p>* STRETCH</p>	<p>Organization</p>  <p>25 yds</p> <p>30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - immediate pressure - high communication - physical presence
<p>Match Related Activity 15 min.</p> <p>- 6 v 6</p> <ol style="list-style-type: none"> 1) teams look to find targets 2) set time to find targets 3) can limit touches with the ball 	<p>T</p>  <p>30 yds</p> <p>50 yds</p> <p>T</p>	<ul style="list-style-type: none"> - immediate pressure - high communication - team understanding <p>Positive Attitude</p>
<p>Match Related Activity 20 min.</p> <p>- 8 v 8</p> <p>(X) going to goal</p> <p>(X) must achieve set # of shots on goal in set time</p> <p>(O) must maintain possession / counter</p>	 <p>30 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> - (X) team pushing forward - 1 v 1 tactics - crosses - after a shot or goal (O) will play out of the back - add pressure to a team by making them a goal down
<p>Match Condition Game 55 min.</p> <p>- 11 v 11</p> <p>(X) 2-4-4</p> <p>(O) 4-4-2</p>	<p>full field</p>	<ul style="list-style-type: none"> - all above - looking for players to motivate each other - set team goals, must be met - teams must be aware of area's to go high pressure or that a change in the game will also require high pressure
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	