

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

<p>Fundamental - Warm Up 15 min.</p> <p>- two teams of 6 (no tackling, shadow)</p> <p>- both teams play to opposite ends of the field. Player from either team must receive ball in flank before they go to end line. They then turn and attack opposite line.</p> <p>* STRETCH</p>	<p>Organization</p> <p>25 yds</p> <p>40 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - speed of play - (X1) plays to (X2), (X2) has given width to the play and now can play into (X3), (X3) then dribbles to the end line - get wide as quick as possible
<p>Match Related Activity 15 min.</p> <p>6 v 6 to targets (open play)</p>	<p>T</p> <p>25 yds</p> <p>40 yds</p> <p>T</p>	<ul style="list-style-type: none"> - speed of play - quality of ball play wide or into team mates - driven, lofted, swerve - race teams from start to finding targets (time)
<p>Match Related Activity 20 min.</p> <p>6 v 6 + 2 neutrals</p> <p>- neutrals play with team that has possession</p>	<p>35 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> - (X1) has two wide options (X2) and (X3) are both in a position to receive the ball - do not be predictable in your play
<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 achieve width while attacking. look for wide players to attack from flank
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	