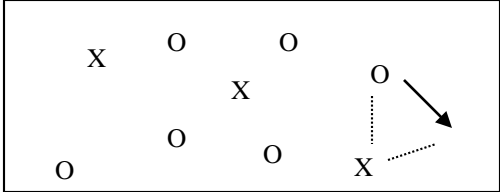
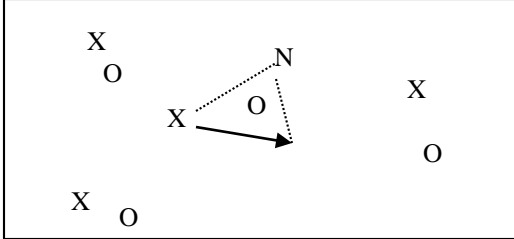
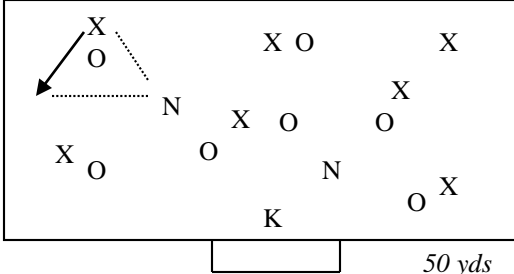


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. - (X) players are the wall players</p> <p>* STRETCH</p>	<p>Organization</p>  <p>20 yds 30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - weight of pass - direction of run - eye contact - communication - movement of the ball
<p>Match Related Activity 15 min. - 4 v 4 + 1 game of possession team scores when they go through the neutral</p>	 <p>20 yds 30 yds</p>	<ul style="list-style-type: none"> - look to beat a player - try not to be predictable - maintain possession - shield the ball from opponent - draw opponent into play
<p>Match Related Activity 20 min. - 7 v 7 + 2 neutrals with possession keeper kicks ball out first team to achieve wall pass can go to large goal</p>	 <p>30 yds 50 yds</p>	<ul style="list-style-type: none"> - speed of play - change of pace - change of direction - players receiving must be aware that they may have to hold onto the ball
<p>Match Condition Game 40 min. - 11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - players using wall pass to beat an opponent or to maintain possession
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	