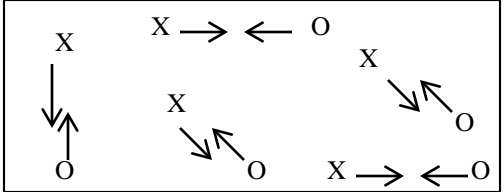
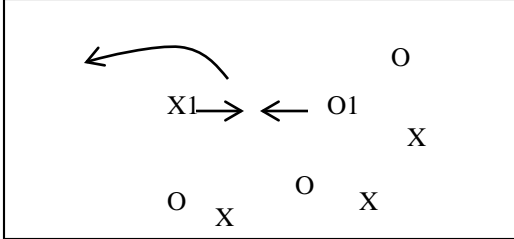
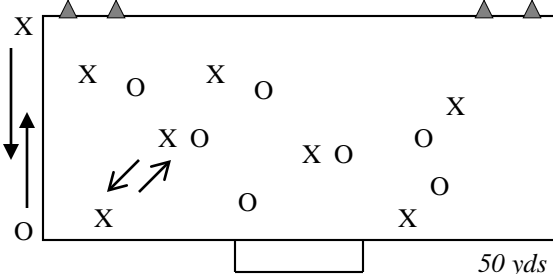


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. - groups of two</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"> -correct pace of run to keep control -timing -eye contact -front foot exchange
<p>Match Related Activity 15 min. 4 v 4 playing to targets</p>	 <p>30 yds</p>	<ul style="list-style-type: none"> -(O1) takes the ball from (X1) -(O1) takes the ball into open space -player with the ball makes final decision if the take over is on
<p>Match Related Activity 20 min. 7 v 7 keeper starts game</p> <p>-once a team has achieved the take over they can go to the large goal</p>	 <p>30 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> -look to create width with the take over -be aware of other defenders
<p>Match Condition Game 40 min. 11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> -players using the take over to either beat a player or to maintain possession -player must have a good understanding of when and where to do the "take over"
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	