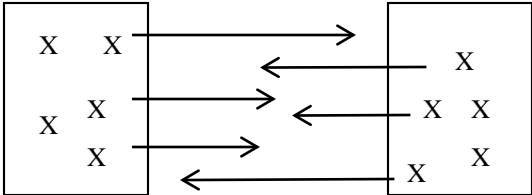
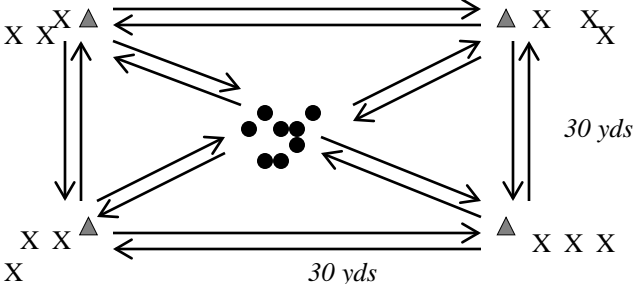
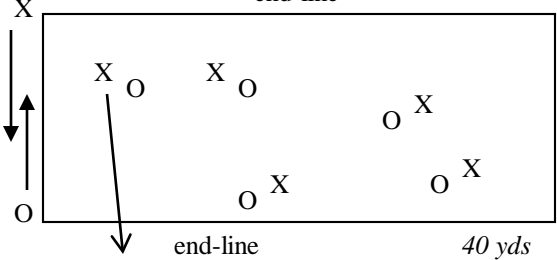


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>- dribbling in grid "A" on a key word players must speed dribble to opposite grid</p> <p>* STRETCH</p>	<p>Organization</p>  <p>20 yds 15 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> -getting the ball out in front - using the outside of the foot while running with the ball
<p>Match Related Activity 15 min.</p> <p>-each team can have one player at a time get a ball from the center and dribble it back to there home base</p> <p>- players on at a time can then take a ball from other teams base</p>	 <p>30 yds 30 yds</p>	<ul style="list-style-type: none"> -players turning with the ball and exploding - dribbling with outside of the foot in open space
<p>Match Related Activity 20 min.</p> <p>4 v 4 or 5 v 5</p> <p>- must dribble across end-line for a point</p>	<p>end-line</p>  <p>30 yds 40 yds</p> <p>end-line</p>	<ul style="list-style-type: none"> - looking for space behind the defender to dribble into
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - players must attack open space with speed - player must attack opponents at every opportunity
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	