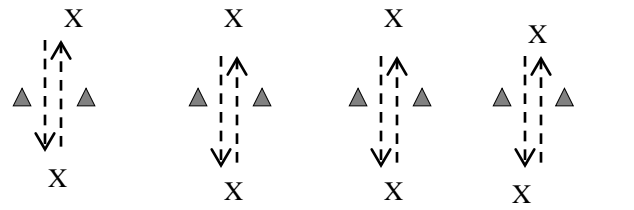
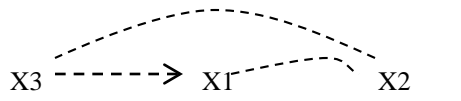
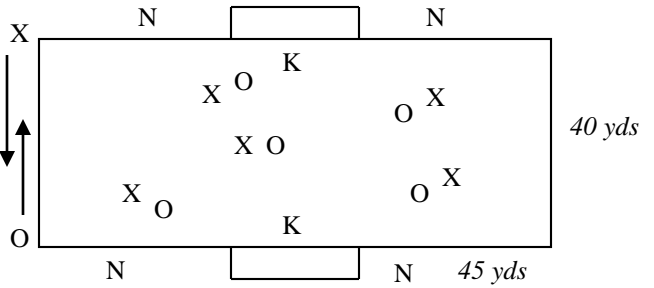


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass / Shot

<p>Fundamental - Warm Up 15 min.</p> <ul style="list-style-type: none"> - players strike the ball to each other through the cones, cones must be width of goal - can also add keeper in between cones <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <p>Driven shot</p> <ul style="list-style-type: none"> -head down on the ball -ankle lock with toe down -planted foot next to the ball -striking the ball with the laces
<p>Match Related Activity 15 min.</p> <ul style="list-style-type: none"> - three players to one ball, player (X1) tosses to (X2), (X2) then heads the ball over to (X3), (X3) then volley's the ball back to (X1) so that (X1) can catch the ball - add heading to center player 		<ul style="list-style-type: none"> -(X2) header must be with mouth closed, eyes on the ball, and a defensive header (up and away) -(X3) must adjust to the flight of the ball -left foot, right foot
<p>Match Related Activity 20 min.</p> <p>5 v 5 + keepers + Neutrals</p> <ul style="list-style-type: none"> - extra players are live for players on inside to pass with and set up a shot on goal 		<ul style="list-style-type: none"> -timing of runs off the ball -always looking for a shot on goal -confidence -timing -reaction time -be unpredictable
<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 being confident to shoot goal using any technique
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	