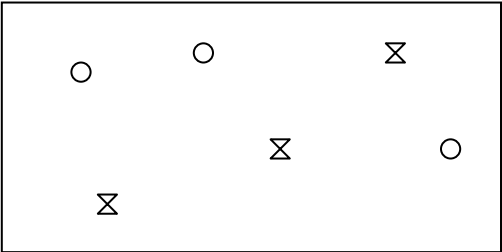
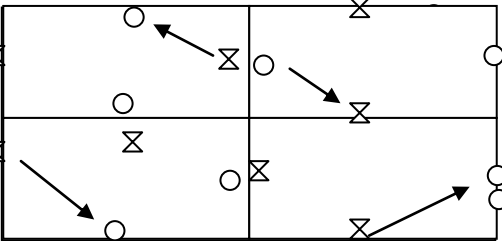
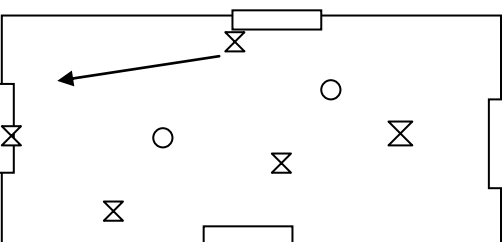
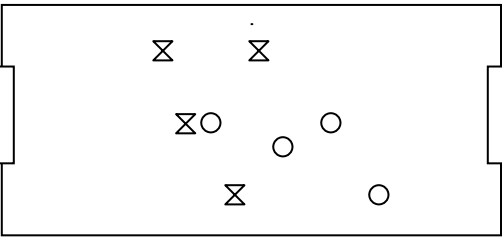


Passing and Receiving

In a diamond Shape

<ul style="list-style-type: none"> Fundamentals (Warm up) 	<p style="text-align: center;"><u>Organization</u></p> <p style="text-align: center;">Pick Up Game</p> <p>Players play games of 3v3 or 4v4 four as they arrive. Play for first 15 minutes. Let them choose their own teams</p>	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> Relaxed movement with the ball, good body shape. Close control, changing angles and direction of ball. Players head up, being aware of the spaces around the grid area. Passing and Receiving technique Creativity Enjoyment
<p style="text-align: center;">Match Related Activity</p> 	<p style="text-align: center;">Passing around a Diamond</p> <ul style="list-style-type: none"> Square grid (20 x 30) Groups of 5,6 Players players dribble and pass around a diamond. Go until you get back to your starting spot. 	<ul style="list-style-type: none"> Control ball out of feet, head up to space Slap passing knee with opposite hand. Changing the angle and pace of the ball. Purpose of pass
<p style="text-align: center;">Match Related Activity</p>  <p style="text-align: center;">Coach with supply of balls</p>	<p style="text-align: center;">4 goal game</p> <ul style="list-style-type: none"> 20x30 4v2+2 Goal (box) on each side Attacking team tries to score in all goals by dribbling through or passing though each square 	<ul style="list-style-type: none"> Body shape and angles of support Purpose of pass (leading player, checking to) Deciding which goal to attack
<p style="text-align: center;">Game Condition Activity</p> 	<p style="text-align: center;">Game</p> <ul style="list-style-type: none"> 20x30. 3v3or 4v4 	<ul style="list-style-type: none"> Observe the players comfort level on the ball and ability to look away from the ball. Keeping possession vs going forward Find CM to switch field.

Cool-Down Stretching

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