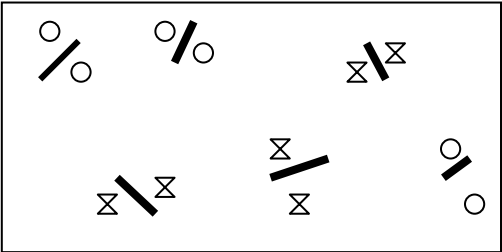
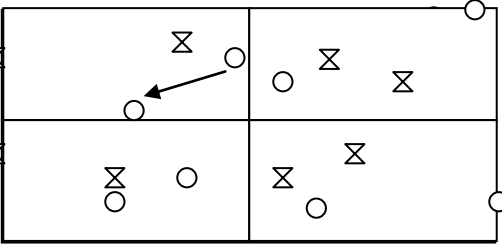
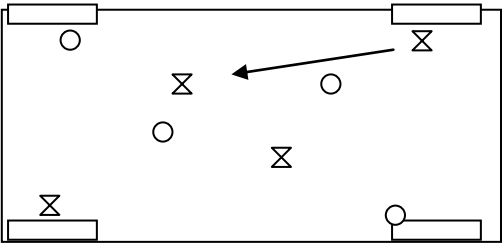
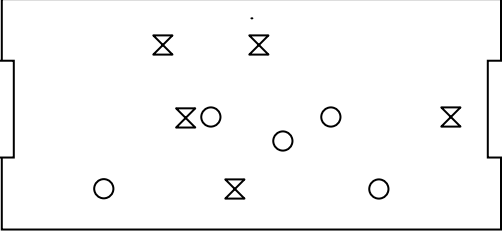


Passing and Receiving

Possession with combination plays

| <p>Fundamentals (Warm up)</p>  | <p style="text-align: center;"><u>Organization</u></p> <p>Dribbling and Passing between cones</p> <ul style="list-style-type: none"> • 30 x 30 • Pairs • Players dribble and pass between cones • one touch passing, give and go, • add defenders | <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 |
|--|--|---|
| <p style="text-align: center;">Match Related Activity</p>  | <p style="text-align: center;">2v1</p> <ul style="list-style-type: none"> • Square grid (10 x 15) • Groups of 8 • Players play 2v1 to endzones | <ul style="list-style-type: none"> • Control ball out of feet, head up to space • Creating space to receive ball • Changing the angle and pace of the ball. • Mobility • 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;">Target game</p> <ul style="list-style-type: none"> • 30x 20 • 3v3 to targets • Get a point by getting ball from one target to the other. • Target switches places with player who passed the ball | <ul style="list-style-type: none"> • Body shape and angles of support • Purpose of pass (leading player, checking to) • Find space behind defenders to attack • Combination plays to attack quickly |
| <p style="text-align: center;">Game Condition Activity</p>  | <p style="text-align: center;">Game</p> <ul style="list-style-type: none"> • 40x60. • 6v6 + Gks | <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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