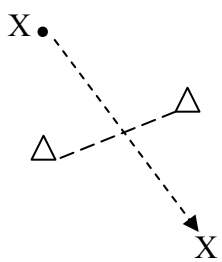
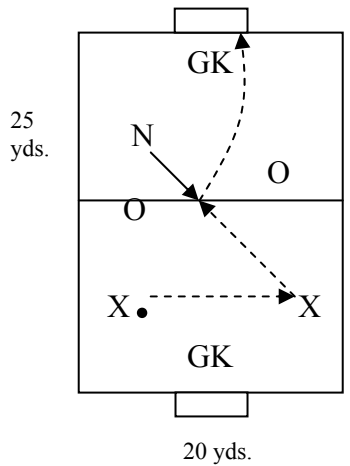


Activity Name	Description	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Technical ball striking work in pairs, one ball between two. Use half a field and create numerous 4 yard wide goals with cones.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> <li>Begin with passing through the cones to your partner. Go to a different set of cones each time.</li> <li>Focus only on inside, instep and bending balls on the ground.</li> <li>Add 2-4 neutral defenders as opposition in the area. Rotate.</li> </ul>		<ul style="list-style-type: none"> <li>Body mechanics and control</li> <li>Body position and balance</li> <li>Eye on the ball</li> <li>Quality of preparation touch</li> <li>Proper selection of contact surface</li> </ul>
<b>Match Related 1</b>			
<p>2 v 2 + 1 with goalkeepers to two large goals (20 x 25 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>Rotate attack between the X's and O's each time. Example: X's attack and O's defend, once X's shoot, score, etc., the O's receive another ball and attack while two new X's enter the field to defend – flying changes.</li> <li>If necessary, add an additional neutral player to create a 4 v 2 to increase scoring opportunities.</li> </ul>		<ul style="list-style-type: none"> <li>Aggressive and positive mentality to go to goal</li> <li>When to shoot, pass or dribble</li> <li>Supporting angle and distance to ball</li> <li>Combination play</li> <li>Unbalancing the defense</li> </ul>



<b>Match Related 2</b>			
<p>2 v 2 with goalkeepers to two large goals (20 x 25 area or as needed).</p>	<ul style="list-style-type: none"> <li>Attacking team looks for early opportunities to shoot and score.</li> <li>A goal scored by combining with your teammate is worth two.</li> <li>Add two neutral players (one on each side of the grid) who combine with the team in possession of the ball. Note: limit the neutral player to one or two touches to maintain realistic speed of play.</li> </ul>	<p>25 yds. 20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Creativity and deception</li> <li>✓ Vision and anticipation</li> <li>✓ Tactical application to the game (i.e., placement vs. power and positioning to gain an advantage)</li> <li>✓ Timing and shape of attacking runs</li> <li>✓ Ability to create space for each other</li> </ul>
<b>Match Condition</b>			
<p>4 v 4 with goalkeepers to two large goals (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> <li>No restrictions.</li> </ul>	<p>40 yds. 30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Correct attacking shape and balance of team</li> <li>✓ Frame the goal</li> <li>✓ Find a way to score</li> <li>✓ Resiliency – rebound mentality</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Dynamic movements and static stretching.</p>	<ul style="list-style-type: none"> <li>Focus on major muscle groups.</li> <li>Reduce heart rate.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Review session</li> </ul>