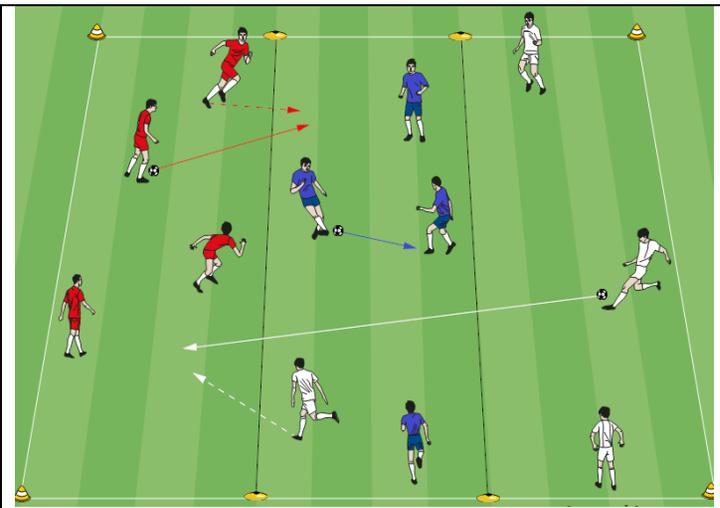
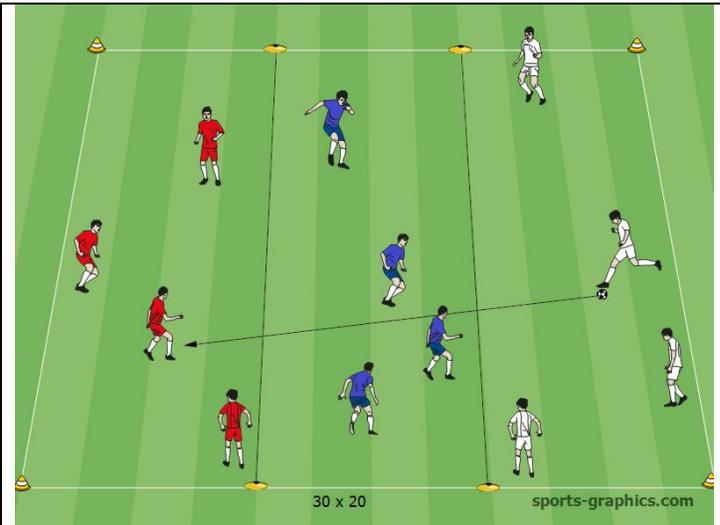
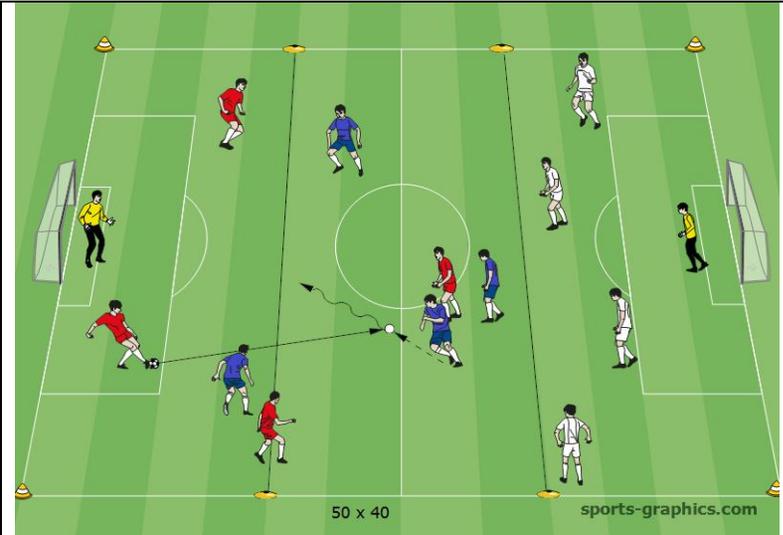
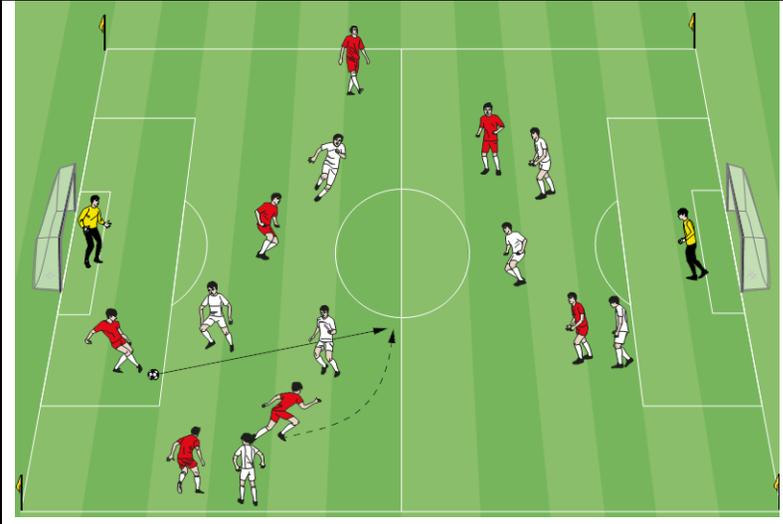


Activity Name	Description	Diagram	Coaching Points
1 Technical Warm-up			
<p>3 Zones Three teams of four. All 3 teams with a ball – inter-passing and mobility in their zone.</p>	<p>A pass into the next zone must be received on the run; whole group now moves into that zone. More than one group in a zone? - Who can be first to get into an open zone. The far group could bypass the middle zone to go into the open end zone.</p>		<p>Tech: 1. Quality of passes 2. Quality of receiving <i>Q.:</i> How do you decide the part of the foot to use for your pass? <i>A.:</i> Based on my distance & angle to the receiver. Tact: Next receiver move to get into the field of vision of the passer. The support player does the hard work. <i>Q.:</i> How does your movement to get into the line of sight of the passer make the pass easier for both players? <i>A.:</i> Passer can make quicker & cleaner passes. Receiver can control a good pass easier.</p>
2 Small-Sided Activity			
<p>Middle Team Grid is 30 x 20 yards. Both end zones are 12 yards and the middle zone is 6 yards.</p>	<p>Middle zone group defends. End zone group passes to the opposite end zone group with passes knee high or lower. Middle zone team can send in one defender after 3 passes.</p>		<p>Tech: 1. Timing of pass 2. Movement by the receiver in the opposite end zone to help open a passing lane <i>Q.:</i> How do you decide when to make your pass? <i>A.:</i> Based on the distance between defenders or the defender and the touchline. Tact: Mobility – early movement to receive passes. If the potential receivers are showing for the ball then the chance for a successful penetrating pass increases. <i>Q.:</i> Why does moving before the pass help our attack? <i>A.:</i> We can circulate the ball faster that way.</p>

[Author’s note: under coaching points: Tech = Technique | Tact = Tactics]

<p>3 Expanded Small-Sided Activity</p>			
<p>4 vs. 4 – 4 + GKs 50 x 40 yard grid with age regulation goals.</p>	<p>If the center team wins the ball then they attack the goal they're facing.</p>		<p>Tech: Game situation choices of passing & receiving to keep possession & then penetrate. Q.: How do you know when to pass forward? A.1: When there's a seam between defenders or a defender & a boundary line and a receiver ready to run for the pass. A. 2: When the receiver could shield & wait for support. Tact: Depth & Width Q.: What shape near the ball should we have to give us passing lanes in more than one direction? A.: A triangle or a diamond shape.</p>
<p>4 Match</p>			
<p>8 vs. 8 80 x 60 yards</p>	<p>Play an 8 vs. 8 match. The players are responsible to remind one another to move early and show for the player with the ball and to stay compact when attacking.</p>		<p>Tech: Match speed execution. Tact: Match speed thinking. Q.: Are you trying what you learned earlier today? This is a reinforcement question without an answer truly necessary. Predominately observe the players' decision making.</p>