**Warm up Part 1**

**Organization:**
10x15

**Instructions:**
Players play 3v1 4v1 pos from player in middle

**Coaching Points:**
- patience
- look for easy option
- angle for teammates

**Progressions:**
- add second

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**Warm Up Part 2**

**Organization:**
20x30

**Instructions:**
5v5 (5v4 if needed) Possession from other team. PTeam tries to play to other side after getting as many passes as they can. 2 players from other box join as attackers when ball is shifted over

**Coaching Points:**
- Let play flow
- dont force passes
- Give teammates option
- be dynamic when appropriate

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**Small Sided**

**Organization:**
7v7 with target strikers in zones (8v8)

**Instructions:**
Team gets a point if they can combine with the 9 and out of the box, 15 passes, and 3 points if they combine with 9 to score

**Coaching Points:**
- Risk vs reward
- Reset play
- Overloading one side of the field

**Progressions:**
- Add GK to attacking team. Attacking team the has to combine with 9 and score on big goal. Mini goals are removed. no players can enter into the blue zone before the ball.
EXT Small sided

8v8 phase
3-1-3
Possession in midfield looking for opportunities to penetrate.
Focus on Movement of 9
When to use outside play
combination in middle of the field

Game

Organization:
Instructions:
Coaching Points:
Progressions: