

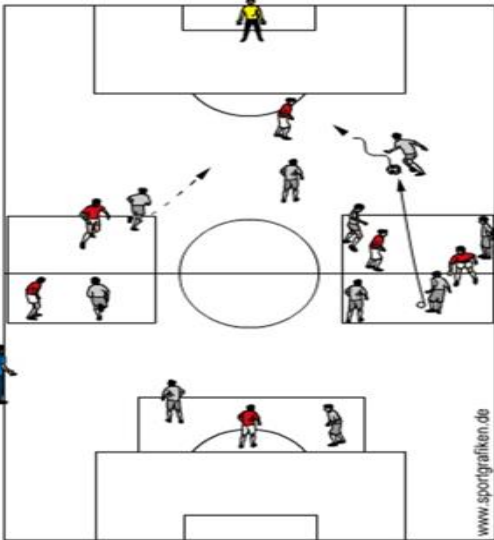
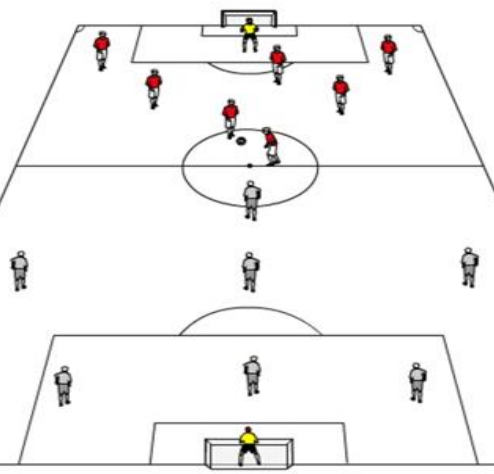


Activity Name	Description	Diagram	Coaching Points
<p>1 Technical Warm-Up: 5v0   5v2</p>			
<p>5v0 for rhythm &amp; technique of passing 5v2 for possession leading to penetration</p>	<p>5v0 – focus on passing &amp; receiving techniques. Stop twice to stretch. 5v2 – play possession with a focus of a triangle around the ball. Possess until the penetrating straight or diagonal pass can be made to a teammate with no opposition. That runner must be able to stop the ball on the end line of the grid.</p>		<p>Q.: How can you make the final forward pass into the path of a teammate running forward?</p>
<p>2 Small-Sided Game: Functional Grid Play</p>			
<p>Attackers have played up one flank &amp; opponents have not cut off forward progress. Play back centrally to then play out the other side or a complete switch from one flank to the other.</p>	<p>Flank grids are 30x25. Center grid is 15x25. Possession starts in one flank grid. Pass can be made back to the central grid or straight across from one flank grid to the other flank, then an attacker from the original grid must move into a # 6 spot. The flank grid with the ball must always be 4v2, so attackers will need to move and adjust numbers in the grids.</p>		<p>Q.: Why should the ball go back in order to go forward? Q.: Why must you consistently adjust your angle of support?</p>

<p><b>3 Expanded SSG: Functional Grid Play</b></p>			
<p>Same set up as above, but now add 2 small counterattack goals with the white cones at the edge of the midfield and attacking thirds.</p>	<p>Now if the ball switches from one flank grid to the other then 2 attackers go to the # 8 &amp; 6 spots. If the 4v2 grid plays to the central grid then 1 attacker goes to the # 6 spot. When the ball moves into the new flank grid the attackers must get a man thru going forward onto the forward pass. He then plays thru the counterattack goal. Last phase is once thru the counterattack goal have attackers move into # 9, 10 and 8 roles to go to the opposite full size goals. Goalkeepers should now be in each regulation goal.</p>		<p>Q.: What are the cues to play forward to get to the counterattack goals?</p>
<p><b>4 Match</b></p>			
<p>Full field or modified length &amp; width to 8v8 up to 11v11.</p>	<p>Focus on possession to set up penetration. Play thru the lines in the team. Get into the attacking third with controlled possession and compactness of the attackers in order to set up high percentage shooting chances.</p>		<p>Reinforce all previous coaching points.</p>