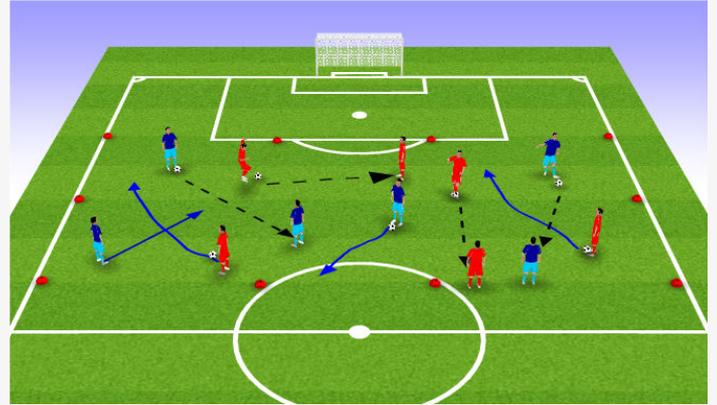


Warm Up 15 Mns

Organization: Area 38x28 13 players, 7 soccer balls.

Objectives: Passing and moving in the area changing directions. Dynamic Stretching

Coaching Points: 1. Body Mechanics 2. Communication 3. Weight of pass 4. Accuracy



Warm Up #2 15 mns.

Organization: Area 38x28 2 teams play across to either end zone.

Objectives: Players pass the ball unopposed, as soon as they see a teammate enter a zone they try to play him/her the ball as soon as possible. The player in the end zone has 5 seconds to connect a pass with a different teammate. Play 7 minutes. Progression is, now 2 players enter the end zone and try to combine to get out of the zone.

Coaching Points: 1. Communication 2. Weight of pass 3. Type of pass 4. Good 1st touch 5. Body shape to receive on the half turn and play forward



Small Sided Game 25 Mns

Organization: Area 38x28 8v5 play across to end zone.

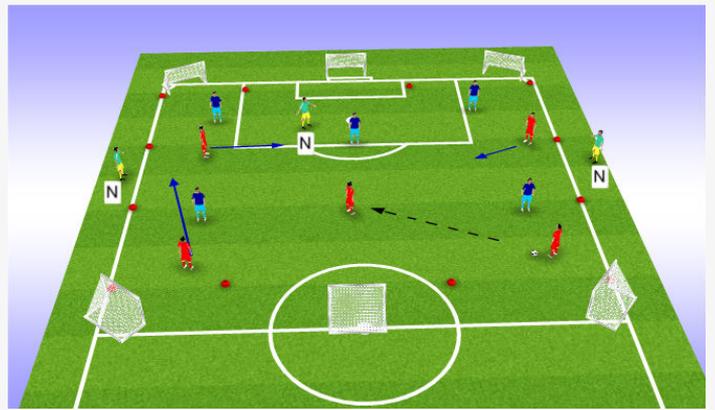
Objectives: In the end zones blue team set up a 3v1 and a 2v1 with 3 supporting players in the middle. Blue team must connect 3 passes in the zone before exiting the zone. Once blue team connected 3 passes, player can either connect a pass with teammates in the middle or by dribble out to play 4v3 in the middle. Try to get across to the other zone as quickly as possible. Once a pass is made into the other zone play continues 3v1. Red team soon as the ball try to score in the small goals. Rotate players every 7 minutes.

Coaching Points: 1st touch 2. Body shape to receive and play forward 3. Movements and angles to receive/support 4. Combination play



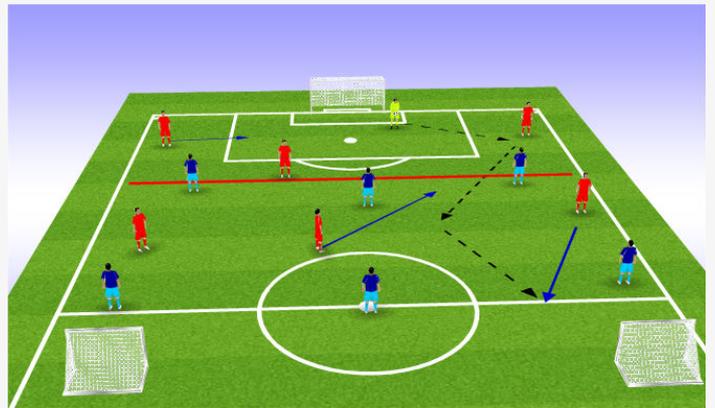
Small Sided Game #2 25 mns.

Organization: Area 50x40 5v5+3 to 3 counter goals.
Objectives: Directional game, 2 teams with 3 neutral players having 2 neutral plays play outside the grid and 1 neutral in the grid. Neutral players have 2 touches and 5 seconds pass the ball back to the attacking team.
Coaching Points:
1. Movement with and with out the ball
2. combination play
3. Speed of play
4. Spacing
5. Principles of attack



Expanded Sided Game 25 mns.

Organization: Area 60x45 2 teams 7v6 big goal to 2 counter goals.
Objectives: Blue team defend the 2 counter goals and when they manage to possess the ball, they can play direct to goal. Red team most play out of the back and connect with the midfielders to be able to score. play for 12 mns nad switch teams. When GK has the ball, red team needs to drop off behind the confrontation line. Keep the confrontation line for about 5 minutes and remove.
Coaching Points: 1. Mobility
2. Awareness
3. Angles of support
4. Type of pass
5. Quick Transition



Game 50 mns.

Organization: Full field 7v7 FIFA Rules
Objective: Full match implementing playing out of the back on a 1-3-2-1 vs 1-3-2-1. 3 16 minute games
Coaching Points: Principles of play

