

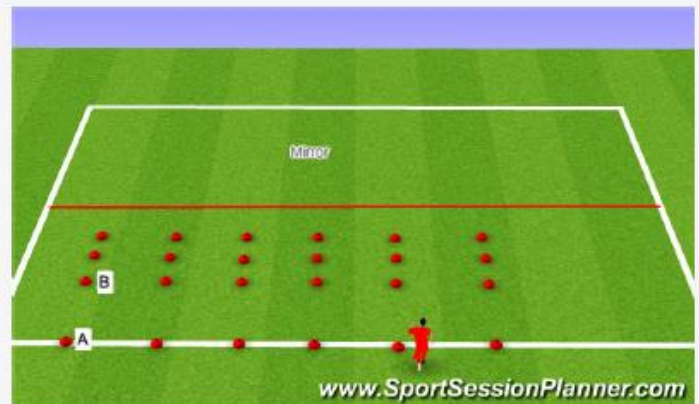
Warmup (5 mins)

Organization:

- 4 cones per line
- 10 yards between starting cone 'A' and close cone 'B'

Instructions:

- Players are to jog to cone 'B' from cone 'A' @ 50%
- Team leader will call out stretches (open gate, close gate, sweeps, high kicks, etc..) and repeat 3 times
- Coach will bring speed of jog up to 80% over the duration of the warm up



Passing accuracy

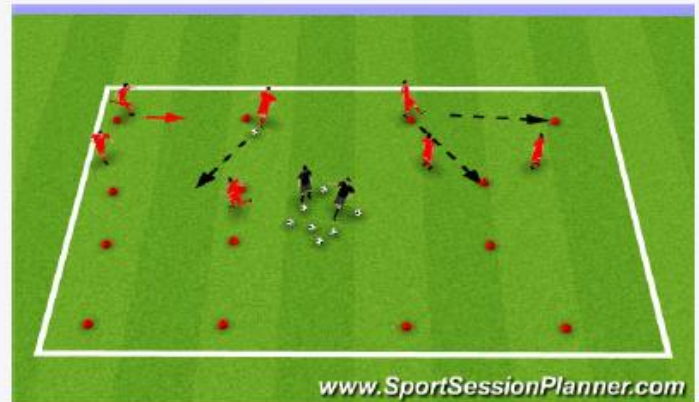
(20 mins)

Organization

- 3 squares, if odd numbers form a triangle
- One ball per square/triangle
- Coaches in the middle with extra balls for quick restart
- 10 yards between cones

Instructions

- Players start standing in between the cones, 1 player with ball starts on the cone
- Player with the ball picks a cone to pass to and calls the players name
- Once a pass is made, player must sprint to get in between their starting cones, and receiving player must sprint to cone and receive ball while moving to cone.
- All 2 touches and quick movement
- Frequent water breaks if players get tired
- All passes are to cones, and players can't leave their "lane" but can occupy both cones in their "lane"



4v2/Rondo introduction (20 mins)

Organization:

- 4 cones forming a square (same grid from previews activity)
- 10 yards between cones
- 6 players per grid (can adjust to 3v1 triangle depending on even/odd & number of players)

Instructions:

- Players are to pass on the outside of the square to keep possession
- Outside players must be no further than 2 feet off their line
- 2 touch max UNLESS performing a fake to get away from the defender
- After defender wins possession OR outside players connect 10 passes, switch defenders

Emphasis:

- Proper passing technique
- Quick decision making
- Creativity
- First touch/fake



Passing/Moving

Organization:

- 9 grids in a 15mx15x space
- 4 players with 1 ball

Instructions:

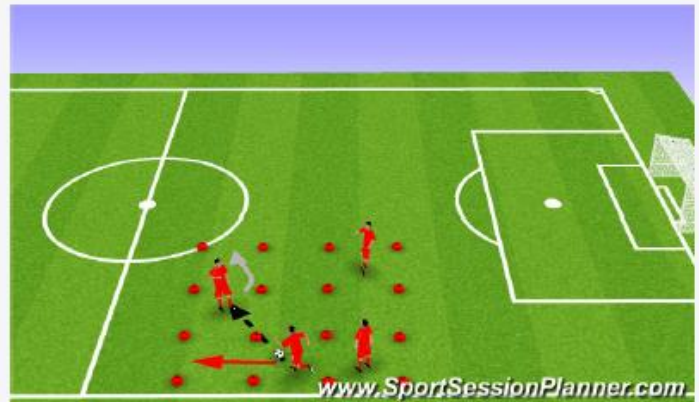
- Players can not be beside each other in the grids (always a space between or diagonal)
- Players must pass the ball to a team mate, then move into an open grid
- Once a player receives a pass, they must open up to an open grid and dribble the ball into it
- ALL players must adjust to the pass and go towards an open grid

Progression:

- Add a defender to put pressure on the players with a target amount of passes for attackers to achieve

Emphasis:

- Awareness (shoulder checking, knowing which grid to move to before receiving)
- Communication (calling who you are passing to)
- Proper positioning/opening with the correct foot and first touch to direction of grid
- Weight of passes



Tactical/SSG (20 mins)

Full game, defenders try to dribble/pass ball through the gates. Attackers try to score on net.

- Formation for 2005G Regional is 4-1-3-2, players are to be in set positions during this game.
- Topic for the week is passing/receiving, ensure stoppages are for correcting that (options - don't always force the wings, look for center options to distribute a switch or create a run where the pass came from)
- Avoid correcting every subject we haven't touched on since we returned... 1v1 defending, shifting/switching, transition, give & gos, etc... can be mentioned during live play, but no stoppages in play for it YET.

