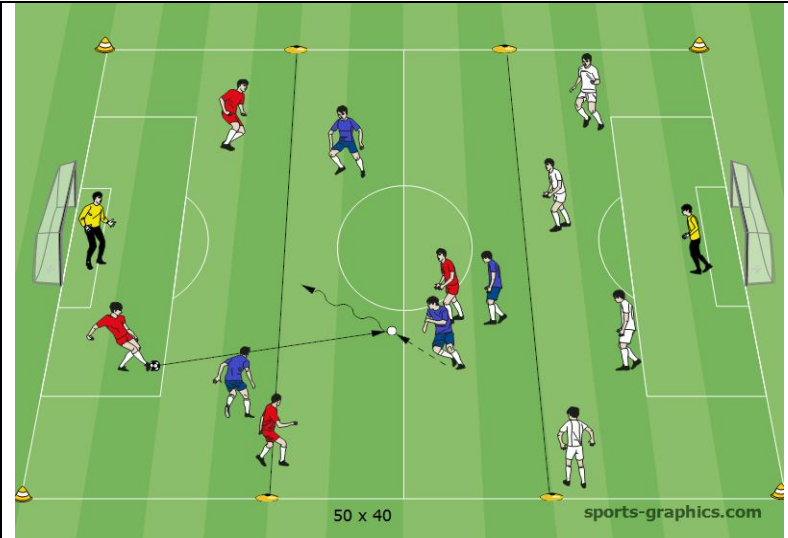
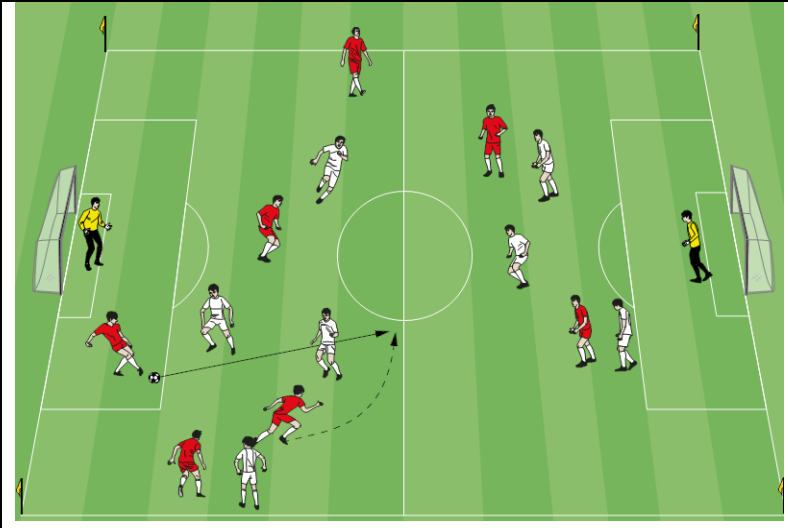


Activity Name	Description	Diagram	Coaching Points
1 Technical Warm-up			
<p><b>3 Zones</b> Three teams of four. All 3 teams with a ball – inter-passing and mobility in their zone.</p>	<p>A pass into the next zone must be received on the run; whole group now moves into that zone. More than one group in 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><b>Tech:</b> 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 &amp; angle to the receiver. <b>Tact:</b> 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 &amp; cleaner passes. Receiver can control a good pass easier.</p>
2 Small-Sided Activity			
<p><b>Middle Team</b> 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><b>Tech:</b> 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. <b>Tact:</b> 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><b>4 vs. 4 – 4 + GKs</b> 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><b>Tech:</b> Game situation choices of passing &amp; receiving to keep possession &amp; then penetrate.  <b>Q.:</b> How do you know when to pass forward?  <b>A.1:</b> When there's a seam between defenders or a defender &amp; a boundary line and a receiver ready to run for the pass.  <b>A. 2:</b> When the receiver could shield &amp; wait for support.  <b>Tact:</b> Depth &amp; Width  <b>Q.:</b> What shape near the ball should we have to give us passing lanes in more than one direction?  <b>A.:</b> A triangle or a diamond shape.</p>
<p>4 Match</p>			
<p><b>8 vs. 8</b> 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><b>Tech:</b> Match speed execution.  <b>Tact:</b> Match speed thinking.  <b>Q.:</b> 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>