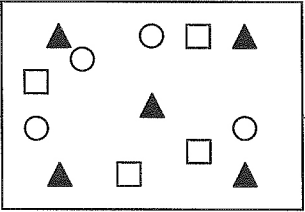
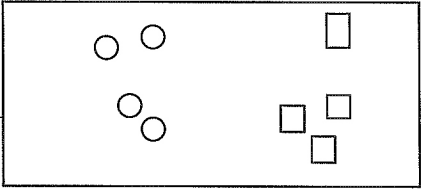


<p>UNRESTRICTED SPACE – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<ul style="list-style-type: none"> ▪ Ball between three players – moving and passing ▪ Hand ball with two teams ▪ One team passes the with their feet the other passes with their hands 	<ul style="list-style-type: none"> ▪ Players constantly moving ▪ Supporting players at an appropriate distance from 1st attacker ▪ Supporting players at an appropriate angle from the 1st attacker
	<ul style="list-style-type: none"> ▪ Play 4v4 in a 35-x-35 yard area with five cones placed in the area ▪ Teams score by passing the ball to knock over a cone, ID keeper 2-4 and allow them to use the keeper skills ▪ The play continues with the coach picking up the cone ▪ First team to five goals wins <p>Progressions: Limit touches. Have different colored cones that are worth more points.</p>	<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
<p>GAME – TWO GOALS</p> <p>4 v 4</p>	<ul style="list-style-type: none"> ▪ Play a 4v4 + Gk's game ▪ No restrictions on the players 	<ul style="list-style-type: none"> ▪ Observe to see if the team possess the ball well ▪ Check to make sure the team is possessing the ball with a purpose