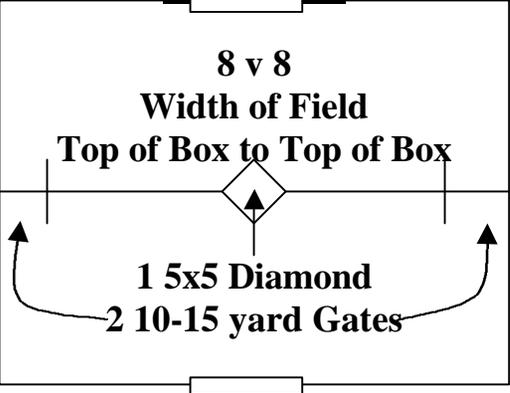


TOPIC:

Team Shape-Support

<p style="text-align: center;"><u>ACTIVITY 1</u> Pass & Move Entire group together 1 ball per player 3-4 players Intermittent Stretching</p>	<p style="text-align: center;"><u>ORGANIZATION</u></p> <ol style="list-style-type: none"> a. Pass and move no restrictions b. Every pass inside of foot and over-hit keeping ball on the ground to feet c. Check to ball & receive w/inside of foot touching ball across body d. Check to ball & then away receiving ball by opening up hips and letting ball run across body w/ outside foot e. Long driven passes knee-head height 	<p style="text-align: center;"><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> ✓ Technical Repetition: <ul style="list-style-type: none"> ✓ -inside of foot passing ✓ -receiving and turning ✓ -driven passes w/instep ✓ Tactical Awareness: <ul style="list-style-type: none"> ✓ -movement off ball then to ball ✓ -vision when receiving ball
<p style="text-align: center;"><u>ACTIVITY 2</u> 4 CORNERS</p>  <p style="text-align: center;">5 v 5</p> <p>40 x 44 yd grid-5x5 yd zones in corners Vary numbers/field size depending on ability; add neutral player for success</p>	<p>Pass into any corner zone for point. Cannot go in same zone twice in a row. Defenders may defend in zone. Scoring variations:</p> <ol style="list-style-type: none"> a. Pass in & then pass out maintaining possession; b. Limit touches in corner zone; c. Pass in & then pass out to <i>different</i> player who maintains possession; d. Make directional- Defend 2 Attack 2 e. Dribble into and out of zone 	<ul style="list-style-type: none"> ✓ Quick clean touches ✓ Body position/shape (b) ✓ Change point of attack ✓ Vision ✓ Decision making ✓ Angles of support ✓ Driven passes to quickly change point of attack ✓ 3rd attacker support runs (c)
<p style="text-align: center;"><u>ACTIVITY 3</u></p>  <p style="text-align: center;">8 v 8 Width of Field Top of Box to Top of Box</p> <p style="text-align: center;">1 5x5 Diamond 2 10-15 yard Gates</p>	<p>Dribble gates or pass through diamond before attack goal. Pass through diamond by passing in to player who must pass out through different side than received from. Ball always starts with GK when out of bounds.</p> <p>Variation: If win ball in attacking half then can go straight to goal.</p> <p>Variation: pass or dribble gates for success</p> <p>FREE PLAY AT END- Take out gates and diamond</p>	<ul style="list-style-type: none"> ✓ Support behind ball to change PoA ✓ Team shape to change PoA ✓ Quick passes to change PoA ✓ Long driven passes to change PoA