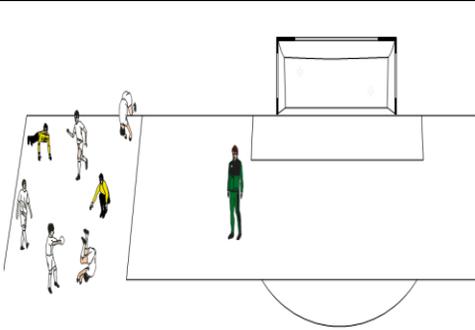
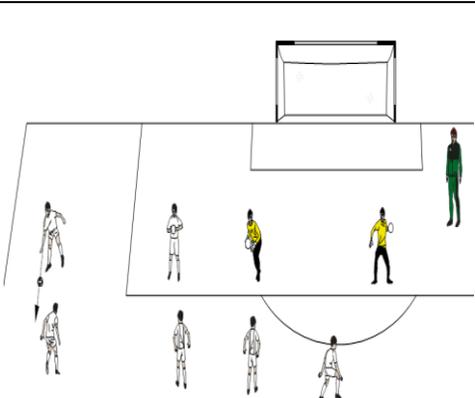
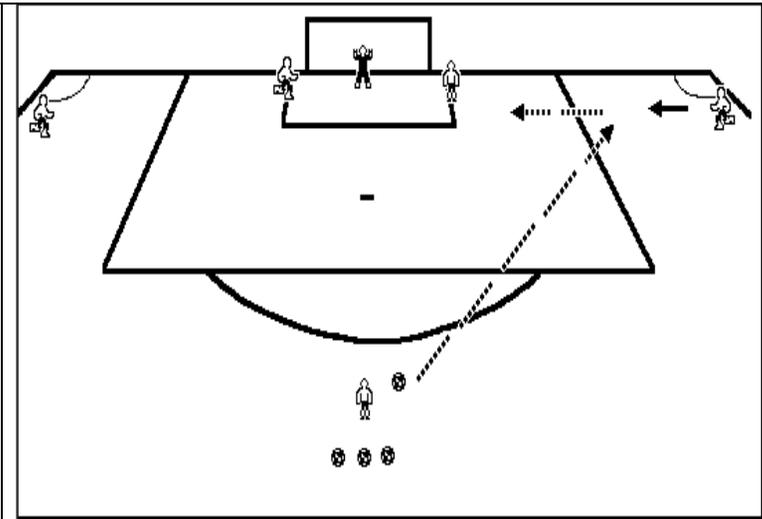
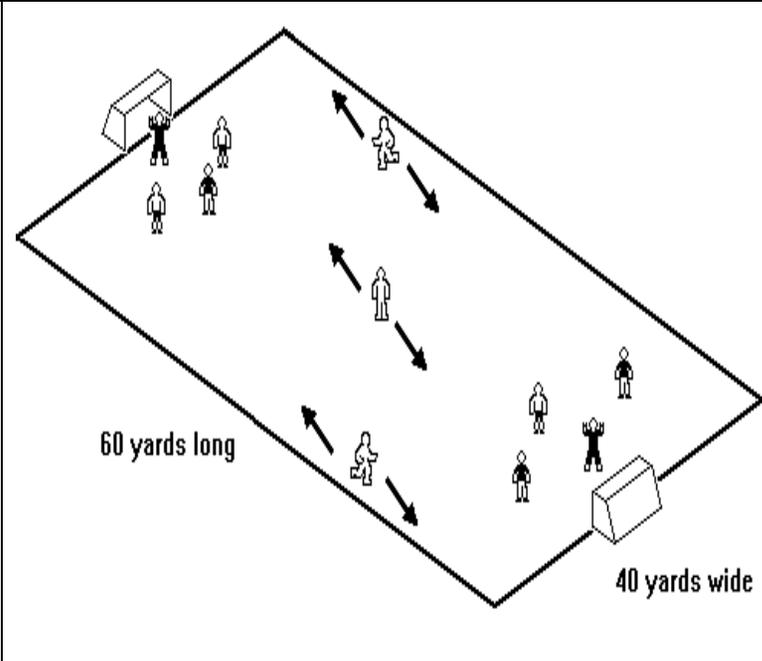


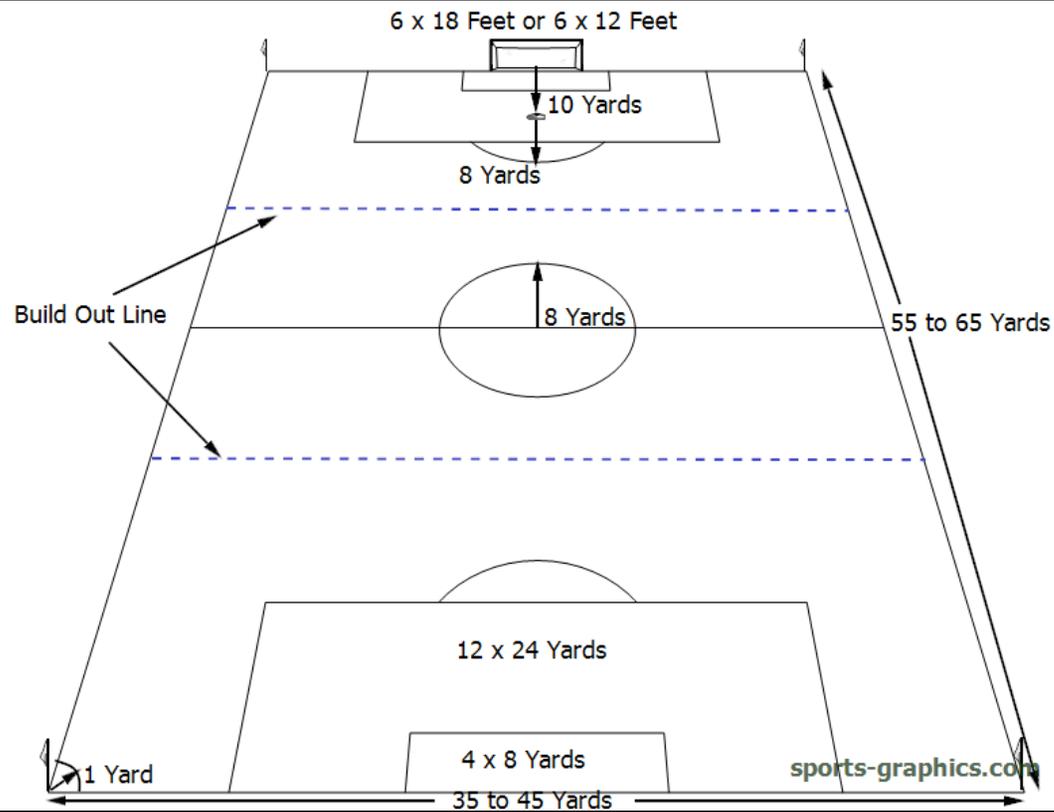
Activity Name	Description	Diagram	Coaching Points
<p>1 Warm-up</p> <p>Use the space between the side of the penalty area and the touchline.</p>	<p>Jogging in different directions with change of speed. Sit-ups & back-ups. Throw the ball up, touch toes (1x, 2x, etc.), catch. Next throw ball up, forward roll, catch. Drop the ball to thigh height from your chest, catch at thighs, and bring it to your chest again quickly. A dozen repetitions.</p>		<p>Increase circulation & loosen up joints. Core body strength improvement. Eye-hand coordination, agility & balance. Improve reflexes.</p>
<p>2 Match Related</p> <p>Use the space near the top of the penalty area. Rehearse techniques with a partner, roll and throw to one another (bowl, side arm and over arm). Start ten yards apart and increase to your maximum distance. Do the same with goal kicks and punts.</p>	<p>Bowl: bends knees to get closer to the ground, cradle the ball in the palm of the hand, release the ball with a roll and off the fingertips, and follow through with the throwing hand toward the target. Over arm: cradle the ball in the palm and have a full swing from the shoulder forward toward the target, release the ball when the arm is level with the shoulder (parallel to the ground), release off the fingertips & follow through. Goal kicks: plant foot beside the ball with the toes pointing toward the target, bend the knees, full back swing of the kicking leg, get the big toe and 'knuckle' of the big toe under the ball for slight lift of the ball, strike through the center of the ball with the instep to drive it forward, follow through with the kicking leg and keep your eyes on the ball. Punt: cradle the ball in the hand opposite the kicking foot, let the ball roll forward off the fingertips & strike the ball when it has dropped below knee height.</p>		<p>Cooperation in pairs – ask the players to 'coach' their partner. Observe closely the body mechanics of each throw or kick. Self-challenge to increase distance of distribution. Q.: How to you better direct the ball when you bowl it? A.: Be sure to follow through toward my partner and let the ball roll off my fingertips.</p>

<p>3 Match Related</p>			
<p>Use the defensive third of the field.</p>	<p>Keeper in the goal, five field players, two players on each post to challenge the keeper and try to score, two wingers on the touch lines to send in crosses of varied height. The keeper saves the cross or shot and then distributes to the wingers or center half, who passes out to the wings and repeat for twenty minutes.</p>		<p>Focus on the accuracy of the distribution. Be sure the ball arrives to the field player in a manner easy to control. Q.: Where do you want the ball to land when you throw it? A.: At or near my teammates feet.</p>
<p>4 Match Condition</p>			
<p>Field sixty yards by forty yards with two full size goals.</p>	<p>A keeper in each goal, a striker in front of each goal, two wings attacking both ways. Center half attacking both ways, two defenders in front of each goal. Keeper starts play with a distribution to either winger, his/her two defenders, the center half or his/her striker. An attack is made on the opposite goal and then counter-attack. Concentrate on accurate distribution and communication with the player to whom you distribute. Play for twenty minutes.</p>		<p>Critique the decisions on where to distribute. What tactical information does the keeper give during the distribution; i.e., man-on, turn, etc. Q.: Why would you throw the ball slightly in front of either winger or the midfielder? A.: because they have open space in front of them to run onto the ball.</p>

5 Match

10-U field

Play a match according to US Youth Soccer 10-U modified rules.



Observe the distribution technique of the goalkeepers. Move from goal to goal for close observation of their body mechanics when throwing or kicking the ball.

COOL-DOWN