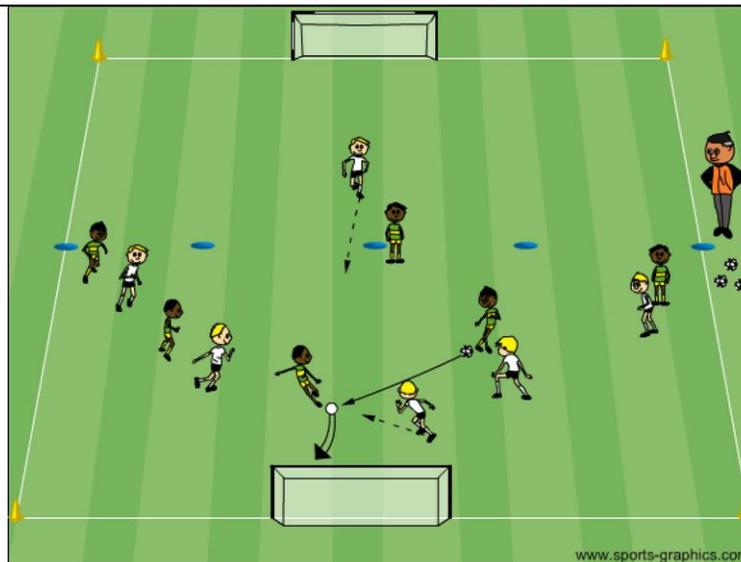


Activity Name	Description	Diagram	Coaching Points
1 Technical Warm-up			
<p>Sequence passing One round in relatively small space & then stretch Second round in larger space & add flighted balls for long passes Final round 1 player in the group wears a red pinnie & becomes a defender</p> <p>[Editor's note: under coaching points: Tech = Technique Tact = Tactics]</p>	<p>Working in a group of 4 to 6 (dependent upon players' abilities) on attacking shape with emphasis on compactness. Number the players 1-4 or 5 or 6 & they must pass in numerical sequence. The last player in the group passes to number 1 & the sequence resumes.</p>		<p>Tech: 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 & angle to the receiver. Tact: 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 & cleaner passes. Receiver can control a good pass easier.</p>
2 Small-Sided Activity			
<p>5 vs. 2 to End Zone Grid = 40 x 30 yards (adjust according to players' abilities larger grid for less skillful / smaller grid for more skillful)</p>	<p>The 5 attackers score by receiving a pass in the end zone. Then run and attack the opposite end zone. The 2 defenders try to win possession of the ball. Every 3 minutes switch 1 of the defenders.</p>		<p>Tech: 1. Pace of pass 2. Receiving touch creates a better passing posture & position <i>Q.:</i> How do you decide on the pace of your pass? <i>A.:</i> Based on the distance from the receiver & the pressure on the receiver. Tact: Mobility – early movement to receive passes. If 1 has the ball then BOTH 2 & 3 should be moving. <i>Q.:</i> Why does moving before the pass help our attack? <i>A.:</i> We can pass the ball around faster that way.</p>

3 Expanded Small-Sided Activity

6 vs. 6 All Up & Back
Grid = 50 x 40 yards
(adjust as needed)

Play 6-a-side without goalkeepers.
All attackers must be over the halfway line into their attacking half for a goal to count.
All defenders must be over the halfway line in their defending half or a goal counts double.



Tech: Game situation choices of passing & receiving to keep possession & then penetrate.
Q.: How do you know when to pass forward?
A.1: When there's space behind a defender for a receiver to run into for the pass.
A. 2: When the receiver could shield & wait for support.
Tact: Depth & Width
Q.: What shape near the ball should we have to give us options in more than one direction?
A.: A triangle or a diamond shape.

4 Match

8 vs. 8 Match
Play according to US Youth Soccer Modified Rules

Play a 7-a-side up to 9-a-side match.
The players are responsible to remind one another to stay compact when attacking.



Tech: Match speed execution.
Tact: Match speed thinking.
Q.: Are you trying what you learned earlier today?
This is a reinforcement question without an answer truly necessary.
Predominately observe the players' decision making.