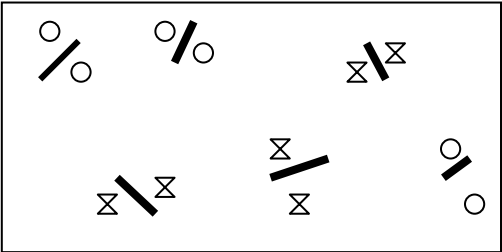
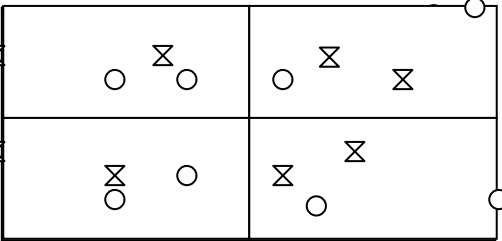
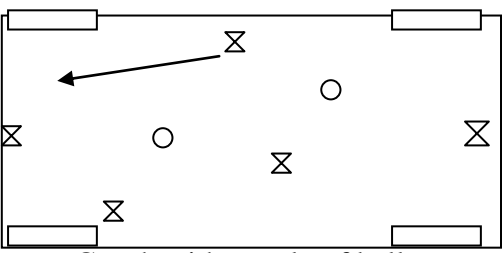
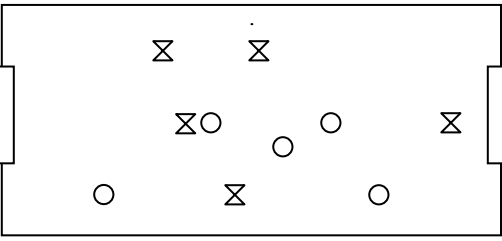


Passing and Receiving

Possession with combination plays

<p>Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <p>Dribbling and Passing between cones</p> <ul style="list-style-type: none"> • 30 x 30 • Pairs • Players dribble and pass between cones • one touch passing, give and go, 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Relaxed movement with the ball, good body shape. • Close control, changing angles and direction of ball. • Players head up, being aware of the spaces around the grid area. • Passing and Receiving technique
<p style="text-align: center;">Match Related Activity</p> 	<p style="text-align: center;">2v1 or 3v1</p> <ul style="list-style-type: none"> • Square grid (15 x 15) • Groups of 4 • Players play 2v1, with odd player sitting out until partner wins ball 	<ul style="list-style-type: none"> • Control ball out of feet, head up to space • Creating space to receive ball • Changing the angle and pace of the ball. • Mobility • Purpose of pass
<p style="text-align: center;">Match Related Activity</p>  <p style="text-align: center;">Coach with supply of balls</p>	<p style="text-align: center;">4 goal game</p> <ul style="list-style-type: none"> • 40x 30 • 4v2+2 or 4v3+1 • Two goals at each end • Defending team keeps 2 players back as GKs 	<ul style="list-style-type: none"> • Body shape and angles of support • Purpose of pass (leading player, checking to) • Find space behind defenders to attack • Combination plays to attack quickly
<p style="text-align: center;">Game Condition Activity</p> 	<p style="text-align: center;">Game</p> <ul style="list-style-type: none"> • 40x60. • 6v6 + Gks 	<ul style="list-style-type: none"> • Observe the players comfort level on the ball and ability to look away from the ball. • Keeping possession vs going forward • Find CM to switch field.