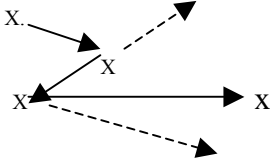
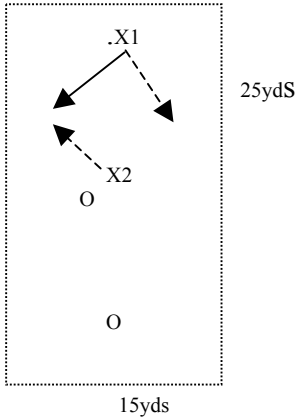


Activity Name	Description	Diagram	Purpose/Coaching Points
1. SHORT-SHORT-LONG			
<p>The players should organize themselves into groups of four.</p>	<ul style="list-style-type: none"> • Play two or four short passes followed by a long pass to the player in the group the greatest distance away from the ball. • Progress to pass and move. • Progress to two touch passing. • Finish with one touch passing. 		<ol style="list-style-type: none"> 1. Open body. 2. Positive first touch. 3. Look forward. 4. Pass quickly. 5. Run to support.
2. 2 VS. 1 TO TARGETS			
<p>The training grid should be 15 yards wide by 25 yards long. Four players per grid in teams of two.</p>	<p>X1 and X2 attack against one of the O players. The O players take turns as the single defender. The X players try to get past the O defender to the opposite end of the grid. The two teams switch roles after two rounds. The attacking team combines with passing and solo dribbling to beat the defender.</p> <ul style="list-style-type: none"> • Progress to scoring a point if they can get the ball to the target player under control. The O defender earns a point if possession of the ball is gained. 		<ol style="list-style-type: none"> 1. X2 makes run to create space. 2. Proper angle of checking run. 3. Take a peek forward. 4. Touch and turn. 5. Look to pass forward. 6. Communication (visual & verbal) 7. Proper angle and distance between the two attacking players. <p>Reemphasize all previous coaching points.</p>

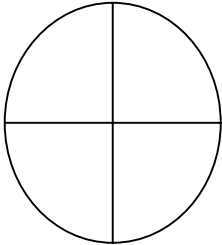


Lesson Plan

3. 2 VS. 2 TO TARGETS			
<p>The training grid should be 15 yards wide by 20 yards long. The players need to organize themselves into eight players per grid. Four players go inside the grid to play 2v2 and one player on each corner of the grid as a target player.</p>	<p>The attacking players should work on playing the ball forward.</p> <p>PROGRESSION</p> <ul style="list-style-type: none"> • Look to use the second attacker as a decoy run for the first attacker. Play passes to the target players. • If the pass to the target is successful then that team gets the ball back and attacks to the opposite end of the grid. Make it – Take it. • Competition – keep score. 		<ol style="list-style-type: none"> 1. Positive attitude. 2. Decision of when to pass or dribble. 3. Selection of type of pass. 4. Reemphasize all previous coaching points.
4. 2 VS. 2 + GKs			
<p>The training grid should be 15 yards wide by 25 yards long. The goals should be 3 yards wide.</p>	<p>The players should organize themselves into groups of six to play two against two with a goalkeeper in each goal. The players should switch roles after 3 minutes. Set up as many grids as needed in order to have all of the players active.</p>		<ol style="list-style-type: none"> 1. Observe the first attacker's selections as to when to shoot, pass or dribble. 2. Observe the movement and positioning of the second attacker. 3. Observe the mental and physical transition from defense to offense and vice-versa.



Lesson Plan

5. COOL-DOWN			
<p>All players and coaches assemble inside the center circle. To create a greater challenge use smaller sections of the circle.</p>	<p>While moving at half speed everyone moves forwards, backwards, sideways, twisting and turning all while avoiding contact with anyone else. Move for one minute and then stop to stretch. After two minutes of stretching resume, but at quarter speed. Stop to stretch after one minute.</p>		<ol style="list-style-type: none">1. Agility.2. Vision.3. Lower heart rate.4. Lower breathing rate.5. Reduce volume of sweating.6. FUN