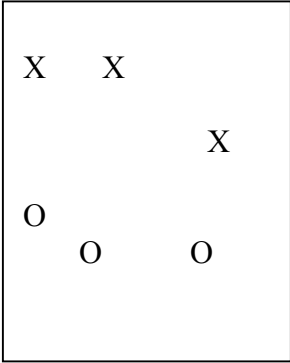
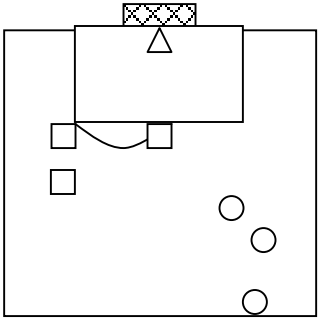
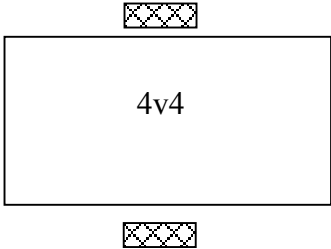



Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Ball between three players – moving and passing	<p>Progressions: High emphasis placed on combination play/creative attacking</p> <ul style="list-style-type: none"> ○ Overlaps ○ Wall pass ○ Double pass <p>Takeovers</p>		<ul style="list-style-type: none"> ▪ Ankle locked ▪ Solid contact ▪ Follow through <p>Watch the ball</p>
2. IN SIDE 18 FINISHING			
Players organize themselves into groups of four in side the 18 yard box	<ul style="list-style-type: none"> ▪ Split team into two lines ▪ One person from one lines stands in D ▪ Goalie throws ball to person in D, who has 5 seconds to beat the keeper and score ▪ Whichever team had more goals after 5 minutes wins <p>Progressions: Give extra points for shots made using the non-dominant foot.</p>		<ul style="list-style-type: none"> ▪ Approach the ball at a slight angle ▪ Plant foot next to ball pointed in direction of target ▪ Ankle locked ▪ Body over ball – momentum forward ▪ Follow through ▪ Land on kicking foot ▪ Watch ball <p>Placement versus power</p>

3. 4v4 TO GOALS			
Now the players organize themselves to 4v4 Scrimmage on a 30-x-45 yard area	<ul style="list-style-type: none"> Goals very close together to encourage lots of shooting Progressions: Give extra points for shots made one touch and for goals made by using the non-dominant foot. 		<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
4. SCRIMMAGE			
The players organize themselves into two teams of four, including a goalkeeper on each team.	<ul style="list-style-type: none"> 4v4 +GK game No restrictions on players 		Observe to see if players are using correct technique,
5. COOL-DOWN			
Juggle in pairs.	25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.	X . X	Recap the key points of executing finishing