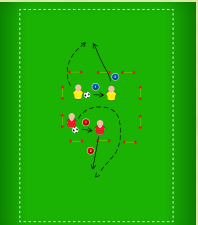
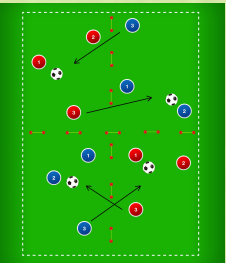
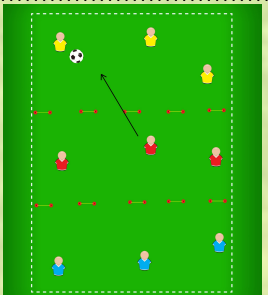




	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>24x24 Yard grid - with a 12x12 yard grid in the center - players in pairs with a ball - to start they will simply pass to each other then move to find a new spot. Receiving player takes five dribbling touches while their partner goes to space. We can then progress and try to show them the following:</p> <ol style="list-style-type: none"> 1) Receiving player tries to relieve while on the move 2) The pair will combine two short passes to feet in the smaller square before expanding with a longer pass to space 3) Player with ball will play a pass inside the small square, check to the ball and then spin out for a pass to space 4) Player with ball will play a pass and then overlap their partner and try to receive outside of small square 5) Player with ball will play a pass then under lap their partner and try to receive outside of small square 6) Players work in threes and follow the above progressions <p>Make it easier - allow unlimited touches while players warm-up Make it harder - decrease the number of touches between each pass</p>	<p>FIRST COACHING POINT - COMMUNICATION</p> <ul style="list-style-type: none"> All players should be reading the cues of their teammates - as a player releases the ball their actions show their partner their intentions: 1) a run with open hips means they want the ball to space 2) A run with closed hoops means they want the ball to feet 3) Hand signals must also be used to determine when the ball is played 	
TECHNICAL	<p>24x24 yard grid. Divide the area in to four smaller squares measuring 12x12 yards each. Each of these squares will operate separately so you'll have the same activity going on four times simultaneously. Assign three players to each square with a ball. The three players will chose one side of their square leaving one open side - we start by asking the player with the ball to pass to either of the two open players then run to the open side. That sequence continues - as players get in to a rhythm we can ask them to do it in two touches (and maybe even one touch). Our final progression will be to assign each player a number within their square (1 thru 3). Coach will shout out a number and this player will head in to the next grid (you can have players go clockwise or opposite). This player becomes a defender in a 2v1 inside the square. Ask players to count how many passes they can get without the defender getting the ball.</p> <p>Make it easier - Give the defender a ball to slow them down Make it harder - Ask for a minimum number of passes to be completed</p>	<p>FIRST COACHING POINT - PREPARATION</p> <ul style="list-style-type: none"> Once players get the hang of the sequence we can ask them about the best way to move after they have passed. We should be looking for a quick movement with their body facing the ball. <p>SECOND COACHING POINT - WHERE TO PASS</p> <ul style="list-style-type: none"> Players with the ball should seek to pass to a stationary player to their back foot (furthest from the ball). If a player is moving then a passer should seek to play the ball in-front of the movement so they do not have to turn or slow down 	
TACTICAL	<p>36x24 yard field - Divided in to three equal rectangles 12x24. Divide your players in to three teams and assign them to a rectangle which they must stay inside. The players in the middle rectangle are the defenders to begin with. Play the ball to either end team and instruct them to connect five passes. One member of the defending team may enter to try and win the ball. If the team connects five passes they must try to enter the middle third with a pass. To start, the other defenders cannot move but as we progress they become active and can block that pass. The object is to get through the middle third with the ball under control using a combination play. Once they get through they give the ball to the waiting team and they take their turn. If they do not connect five passes or if they fail to make it through the middle third then they switch with the middle team and become the defenders.</p> <p>Make it easier - ask for fewer passes or add in neutral players to the end teams Make it harder - ask for more passes, add a second defender, allow the middle defenders to block the switching pass</p>	<p>FIRST COACHING POINT - SPACIAL AWARENESS</p> <ul style="list-style-type: none"> We should have a 3v1 in the ends so they should be able to connect passes easily. Ask players to be in as much space as possible with their body open to the ball. If they master this can they be open to the ball and their next target. Finally, we can ask players to try and receive the fifth pass on the move in order to connect quickly in to the middle. 	
GAME	<p>Small-sided game, we suggest 5v5 but try to keep all players engaged. We suggest no goalkeepers and the use of small goals to encourage accuracy. To start with we instruct players that to score a goal they must shoot with their first touch - this will encourage quick passing patterns in the attacking third. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.</p> <p>Make it real -</p> <ol style="list-style-type: none"> 1) Assign positions 2) Set a formation 3) Help players understand their role 	<p>COACHING SUMMARY</p> <ul style="list-style-type: none"> Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a player fails to make a pass. Some examples: 1) A passer chooses to dribble and loses the ball when they had support 2) A receiving player fails to move correctly to become open for a pass 3) A pass is played behind a moving player 	