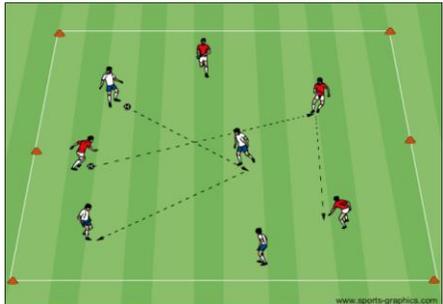
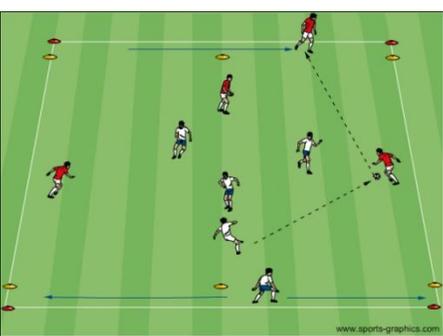
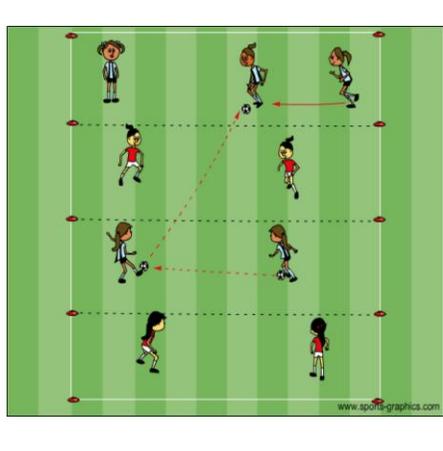


Topic: Passing for Penetration

Move Of The Week: Scissors

Technical Warm up	Organization	Coaching Pts.
	<p>Pass and Move: Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p>	<ul style="list-style-type: none"> • 1st touch - Directional • Technique and type of pass • Technique of receiving • Communication: Verbal and Non Verbal • Supportive body position • Visual cues <p style="text-align: right;"><i>Time: 15 Minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>3v3+1 to Targets: Two teams of 3 players each with a neutral player in a 30x35 yard grid will try to connect passes and score by connecting with the target player. Coach: Stress when and how to split defenders with passes.</p>	<ul style="list-style-type: none"> • Proper weight, accuracy and timing of passes • Vision to split defenders with a pass • Possession vs. penetration • Proper angle and distance of support off the ball <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>Fusball: Cone off 4 channels 5X15 yds. Divide the team in half & put players from each team in every other channel. A goal is scored by getting passing the ball to your teammates in the end zone area. Players cannot leave their channel but can move side to side within their channel. They can pass the ball between each other in their channel to create open passing lanes. Add 2 more channels if needed due to the number of player. Switch positions after a few games. First team to 3 wins.</p>	<ul style="list-style-type: none"> • Starting position of players • Players need to move back and forth inside their channel • Create passing lanes • Defend passing lanes • Move the ball quickly <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 to 8v8 Scrimmage</p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	