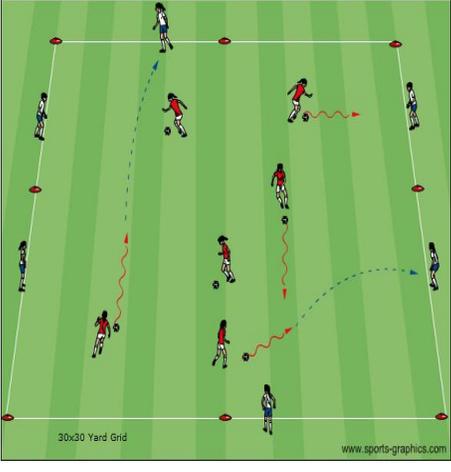
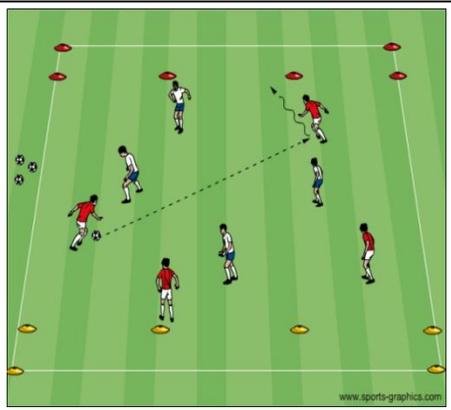
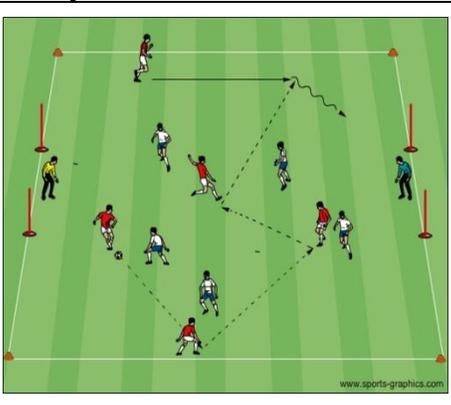


Topic: Using Your First Touch to Escape Pressure Move of the week: Scissors

Technical Warm up	Organization	Coaching Pts.
 <p style="font-size: small;">30x30 Yard Grid www.sports-graphics.com</p>	<p><u>In and Out:</u> In a 30x30 yard grid, the coach separates the players into 2 groups. A group of players, the Outsiders without soccer balls, spread out around the perimeter of the grid. The Insiders are the group with soccer balls.</p> <ul style="list-style-type: none"> ➤ The Insiders players dribble around and look for an outside player to pass their soccer ball to. ➤ The Outsiders player now dribbles in and becomes an Inside player while the former Inside player finds a place on the Outside. 	<ul style="list-style-type: none"> • Passing and receiving technique • Proper 1st touch (preparation touch) <ul style="list-style-type: none"> ○ do not stop the ball ○ prep touch to pass • Vision to locate outside players <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
 <p style="font-size: small;">www.sports-graphics.com</p>	<p><u>4v4 or 5v5 to End Zones:</u> Two teams try to score by dribbling or passing the ball to a teammate running into the opponent's end zone (created with discs). The player can score by dribbling into the end zone or receiving by timing his/her run into the end zone.</p> <p>Coach: Stress recognizing opportunities and timing of passes and receiving the ball into space</p>	<ul style="list-style-type: none"> • Recognize early which direction to go with the ball • Proper 1st touch (preparation touch) <ul style="list-style-type: none"> ○ do not stop the ball ○ prep touch to pass • Speed of support and mobility and finding good spaces to receive the ball • Take a picture of the field and make early decisions <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 style="font-size: small;">www.sports-graphics.com</p>	<p><u>5v5 or 6v6 with GK's:</u> In a 50x60 yard area with goals, two teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball.</p>	<ul style="list-style-type: none"> • All of the above • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Supporting positions ○ Defending pressure ○ Runs • Type of pass or dribble used to connect (to penetrate or to possess) • Speed of decision making • Quality of the communication <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>7v7 or 8v8 Scrimmage</p>	<p>Play in 55x 80 yd. grid with Goalkeepers. Encourage him/her 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>	