



DESCRIPTION	ORGANIZATION	KEY COACHING POINTS
<p>Activity 1 - Warm-Up The session began with a dynamic warm-up using the ball to get the players moving</p>		
<p>Activity 2 - Sequence Passing with individual Defending We then went into groups of three to four players and incorporated sequence passing to encourage the players to work on their offensive anticipation and and their first touch away from pressure into open space. Once I felt they were executing this quite well, I then encouraged the server to put pressure on the receiver after the pass was made. The focus was to put immediate pressure on the ball and try to win it if the touch of the receiver was off. In the same vein they were also encouraged to try and force the receiver away from the next pass when possible</p>		<p>Focus: Encourage players without ball to work on their defensive anticipation: Shut down options for player on the ball. There should always be pressure on the ball, Defend as a unit, communicate with each other, force players away from their support when needed, defending team was also encouraged to make themselves even when they were in numbers down situation see example below</p>
<p>Activity 3 The players then played a 4v4 transition game to two goals. The attacking team was rewarded by being allowed to stay on whenever they either scored by dribbling through either goals or if the ball crossed the opposing teams goal line. Whenever a team was scored on, allowed the ball to go out of bounds on their side of the field or even allowed the team in possession to cross their goal line that team came off and was replaced by new teammates</p>		<p>Red 1 was encouraged to force Blue 2 attacker towards Red 2 and away from Blue 1.</p>
<p>Cool Down Session ended with warm down and fun river bank game</p>		



Name: _____ Topic: Possession to Play Forward / Rhythm of Play "Taking Pictures"

Date: 12/27/08

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">RESTRICTED SPACE</p>	<ul style="list-style-type: none"> Four groups of four, each group must have different color bib. Should look congested. Ball between four players – moving and passing. Freeze and have 3 teams take knee, show that this is what they should see amongst congestion. 	<ul style="list-style-type: none"> Players constantly moving Supporting players at an appropriate distance from 1st attacker Supporting players at an appropriate angle from the 1st attacker Player awareness, body positioning Seeing all your players by looking at the farthest player "Taking Pictures"
<p style="text-align: center;">GAME RELATED</p>	<ul style="list-style-type: none"> Patterns of Play Relay (Same Groups as warm up) Teams score by completing pattern first Introduce different patterns, up back and thru: Pattern A First team to five points wins <p>Progressions: Limit touches. Anticipation. Changing the length. (pattern A 3X) (pattern B 3X) (pattern A, B, A, B)...etc</p>	<ul style="list-style-type: none"> Possess the ball to look for an opportunity to score Players in good supporting positions Decision making: safety versus risk Communication Good team shape Back side to touch lines, constantly "reading" the game, take pictures! Introduce double pass, to help you read the game better.
<p style="text-align: center;">GAME – TWO GOALS</p>	<ul style="list-style-type: none"> Play 5 v 5 v 5 Three Team Possession in a 35-x-40 yard area (1 team defends) Teams score by dribbling under control across the other teams end line The objective is to pass the ball around until a team has an opportunity to penetrate by dribbling <p>Progressions: Teams can score points by completing a certain number of consecutive passes or by dribbling across the line.</p> <ul style="list-style-type: none"> Play a 4v4 w/ Targets + GK's game No restrictions on the players 1 point regular goal 2 points if you find target and score off target <p>Progressions: Take targets out and just play. Reinforce coaching points. \</p>	<ul style="list-style-type: none"> Observe to see if the team possess the ball well Check to make sure the team is possessing the ball with a purpose. Are they looking for their target and seeing the rest of the team while looking.



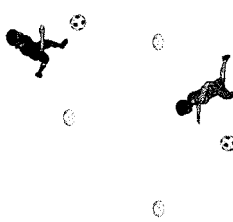
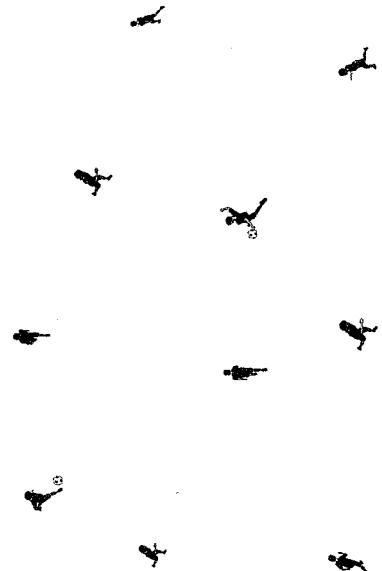
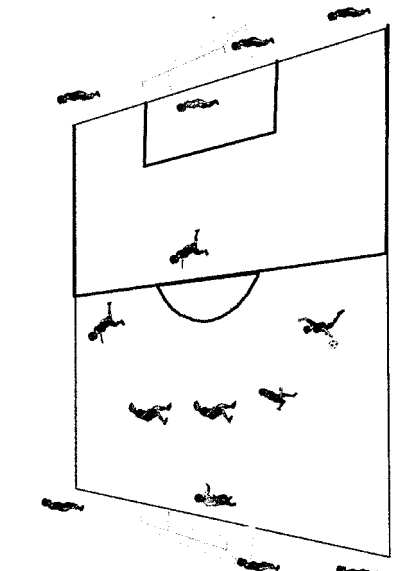
Name _____

Topic Supporting the Final Ball (Offensive 1/3)

Date December 2008

DESCRIPTION	ORGANIZATION	KEY COACHING POINTS
<p>Warm Up - Circle Exercise</p> <ul style="list-style-type: none"> • P1 plays to P2 and immediately supports to receive the ball back. • As ball is traveling to P2, P3 & P4 execute double overlaps • P1 Plays to P3 the fills • P3 plays one touch to P5, P4 continues to support P5 • P5 executes wall pass with P4 • Pattern repeats 		<ul style="list-style-type: none"> • Constant Movement • Good angle / distance of support • Exposed runs • Quality in passing
<p>Technical Game</p> <ul style="list-style-type: none"> • P1 plays to P2 and moves to defend 1 vs. 1 • After play is done, P2 checks immediately to ball and recives from P3 who plays 2 vs. 1 against P1 • After this play is don, P4 dribbles to endline and crosses while P2 & P3 recycle to make near and far post runs. P1 still defends. 		<ul style="list-style-type: none"> • Decision making in 2 vs. 1 situation (combination, turn, quick shot, etc.) • Frame the goal (near/far post runs) [Type of service. Finish chances] • Quick reaction to next situation - no standing • Recycling Runs
<p>"Sniffer" Game</p> <ul style="list-style-type: none"> • Ball must be played into 2 forwards • 2 Players may enter to support the play. <p>Does not have to be passer.</p> <ul style="list-style-type: none"> • Finishing elements 		<ul style="list-style-type: none"> • Angle, distance of support • Dynamic movement off the ball to create space for the run. • Near / far post runs (Frame the Goal)
<p>Final Game 8 vs. 8 or 9 vs. 9</p>		



DESCRIPTION	ORGANIZATION	KEY COACHING POINTS
<p>1v1 triangle game - each player has a ball around a triangle. One player is chasing the other trying to tag her ball with the ball. The players have to go around the cones and cannot go through them.</p>		<ul style="list-style-type: none"> • Technical Precision • Deception / Creativity • Technical Speed • Creating / Recognizing when opportunities
<p>Colored passing - Players are split in to 2 colors, no one on their team can stop moving and the ball cannot stop moving. They have to pass a ball to their team mate using their laces. We then ask them to receive a ball in a channel or window between 2 players. Forcing them to try and time their passes as well as their runs, all passes are with the laces to make things a little more difficult</p>		<ul style="list-style-type: none"> • Technical Precision - Instep • Movement off the ball • Anticipating teammates • Receiving • Speed of Thought • Playing in "the Forest"
<p>4v4 finishing game - Players are split in to 2 teams and go behind their goal. 3 players plus a gk are on the field. Players play normally but if the ball goes out on your 1/2 of the field then your team sends on 3 new players and they bring a ball with them. After the first 15 min of this game we add a 4th player that is an all time fwd for each team, when the ball goes out they do not change with the rest of their team. This gives their team an immediate deep option that they can play to if the fwd can create depth and find a seem to play in to.</p>		<ul style="list-style-type: none"> • Tactical Speed • Creating goal scoring opportunities • Taking shots when appropriate • Technical Speed • Creativity • Competitiveness
<p>Cool Down and stretch</p>		