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Practice with a plan

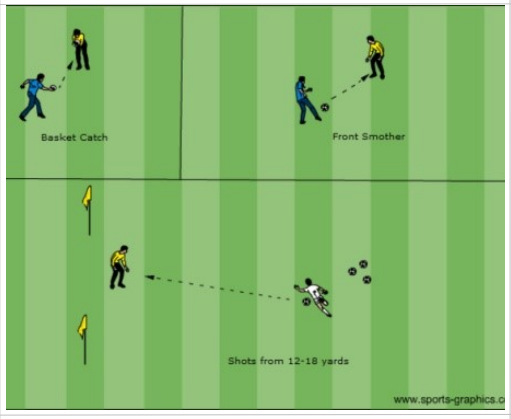
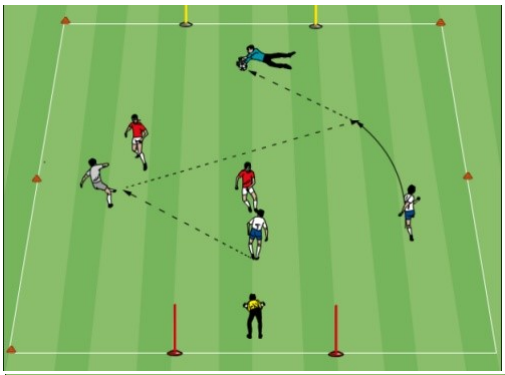
12+ Week #5 -

PLAY — PRACTICE — PLAY

"Goalkeeping"

Dribbling move
Scissors

PLAY **10 mins.**	**Play-** as players arrive have them join in a small sided game.	**Set Up**- 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed	Let them play

	Activity Description	Set Up Diagram	Coaching Points
#1 **15 mins**	**Basket Catch/Front Smother** GKs in net with coach tossing underhand with pace a hard ball into their mid/ low section for basket catch. Then towards feet GKs in a line, front smother a stationary ball one after the other using proper technique. Then coaches serving low hard ball on ground to GKs. Shots from 12-15 yds. out driving low hard shots towards the GK		Set feet for shot Momentum coming forward Hands in front of body Body high then low Secure ball then bring to ground in staggered feet stance
#2 **15 mins**	**2v2 +1 to Goals** Two teams of two players each attacking and defending one goal with a goalkeeper. Neutral player plays for whatever team has possession.		Set feet for shot Front smother on low, hard driven shots towards feet Communication with field players Be on the ball line
#3 **15 mins**	**5v5 +5 on Deck to Goals** Two teams of 5 attack and defend one goal with a goalkeeper. Game played to 1pt. Winning team stays on, team that was scored upon rotates to being the team on deck (surrounding the field)		Proper technique when making a save -Attack the ball, don't wait for it -Organize defenders
PLAY **25 mins**	**Scrimmage** 11 V 11 scrimmage		Let them play

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve
Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players