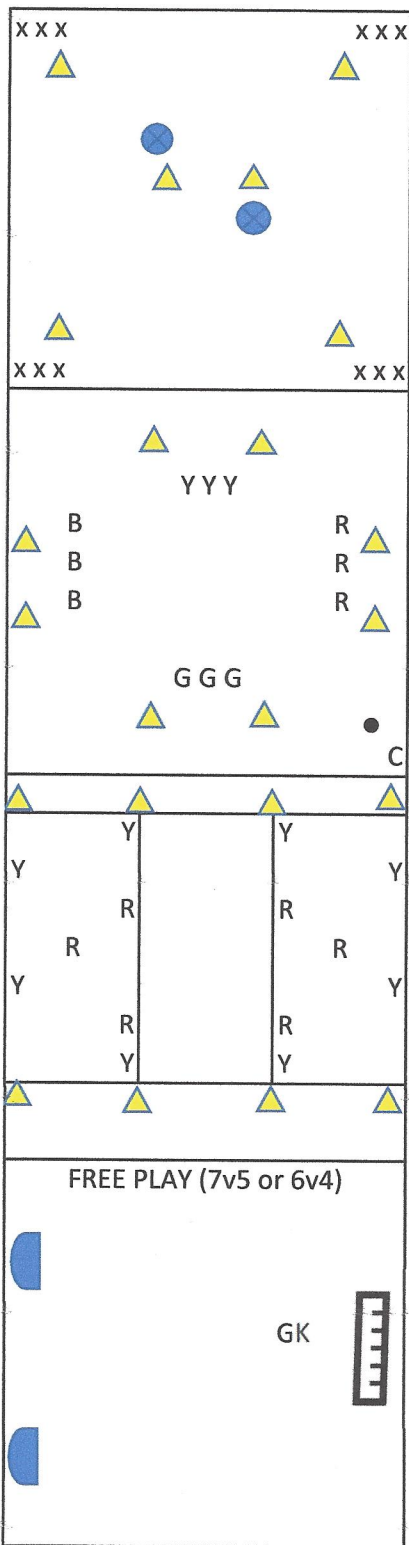


SESSION DATE

SESSION LENGTH

TOPIC

GOALS



WARM UP	
Organization	Coaching Points
<ul style="list-style-type: none"> ● checks away, then back to ball carrier X- passes ball to front foot of ● ● receives ball with first touch towards next X, then passes ball on second touch 	<p>Instep pass= locked ankle, heel down, toes up.</p> <p>Passing accuracy to front foot of next player so they can quickly play to the next player.</p> <p>Players rotate to line they passed to.</p>
Activity #1	
Organization	Coaching Points
<ul style="list-style-type: none"> * 4 teams of 3- each defend own goal * Can score on any other 3 goals * Start by sending 1 player from each team. When team scores, they can add 1 player * Change size of grid based on numbers and ability of players 	<ul style="list-style-type: none"> * Focus on players using correct passing technique. * Are players staying spaced away from teammates and opponents * Do they look to find open space to play.
Activity #2	
Organization	Coaching Points
<ul style="list-style-type: none"> * 4 yellow vs 3 red per grid * Y has the ball, make 4 passes in own grid, then find a Y checking into the middle grid, Y turns and passes ball into their grid. * Repeat the sequence 	<ul style="list-style-type: none"> * Is Y finding lanes (between R) to pass? * Is Y moving off the ball to get open? * If R wins ball, they can keep possession using all 6 R until Y can steal back.
Game-like Activity	
Organization	Coaching Points
<ul style="list-style-type: none"> * 7 attackers vs 5 defenders and GK * Rotate players (Attackers to Defenders) 	<ul style="list-style-type: none"> * Require a minimum of 5 passes before attackers can shoot * Focus on passing technique and moving off of the ball. * Variation- add two puggs (goals) for defenders to score in