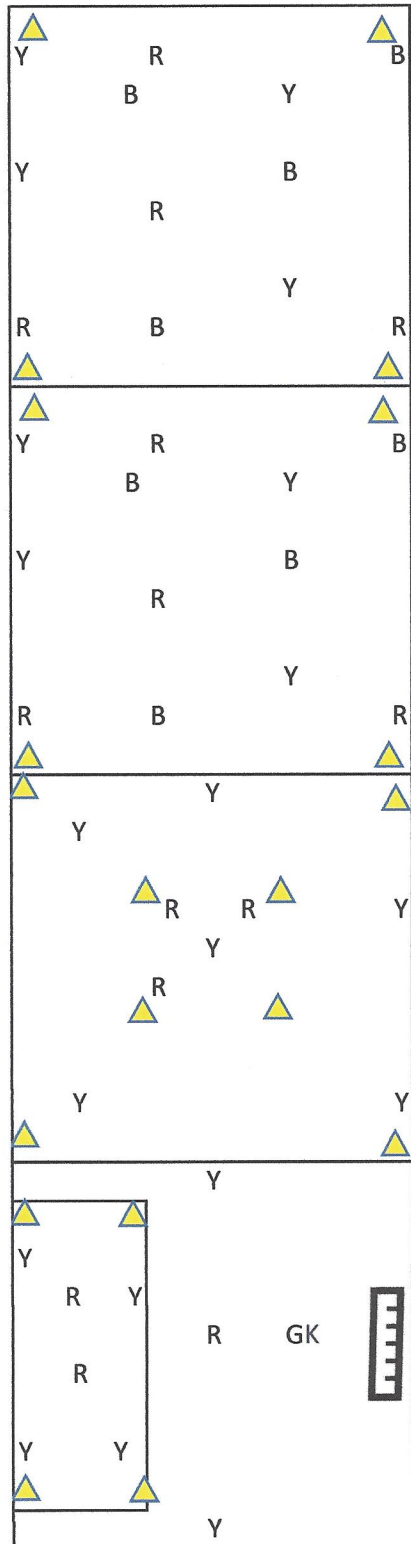


SESSION DATE

SESSION LENGTH

TOPIC

GOALS



WARM UP	
Organization	Coaching Points
<ul style="list-style-type: none"> * Make 3 equal teams (4 v 4 v 4 if 12) * Each team has their own ball #1 Team play two touch passing only to their team. #2 Team passes to only their team but must pass between two of other colors. 	<ul style="list-style-type: none"> * Guide players to move off the ball and support their teammates. * Ball carriers should have at least 2 option * Guide players to find lanes between players on other teams. Passes should be= Y passing to Y between two B's or two R's or an R and B
Activity #1	
Organization	Coaching Points
<ul style="list-style-type: none"> * Same set up as warm-up (Only 1 Ball) * Teams play continuous keep away. * Start with R defending and Y and B on same team keeping away from R. * If R steals, whichever color they stole from, now defends. * If a team kicks ball out of bounds, that color is now defending. 	<ul style="list-style-type: none"> * Guide players to move off the ball and support their teammates. * Ball carriers should have at least 2 option * Guide players to find lanes between players on other teams. * Help players recognize that ball carrier should have two wide options and 1 split.
Activity #2	
Organization	Coaching Points
<ul style="list-style-type: none"> * R starts with ball in small grid (12 x 12 yd) and plays 3 v 1. * If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd) * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1) * Rotate the 3 R's with 3 Y's 	<ul style="list-style-type: none"> * Continue to guide players to find passing lanes between defenders and to give multiple options around ball carrier. * Players should play quickly (1-2 touch) * When 6 vs 3, R should defend together, 1 pressuring ball, other 2 anticipating where next pass will go and try and steal
Game-like Activity	
Organization	Coaching Points
<ul style="list-style-type: none"> * In a small grid 30 yd from goal, 4 Y vs 2 R * Y must make 4 passes before they can play out of grid to other Y and attack goal. * ALL 6 Y attack goal while ALL 3 R defend 	<ul style="list-style-type: none"> * Y should move ball quickly in grid while moving off the ball and giving ball carrier 2 wide options and 1 split option * Once ball is played out, Y should make attacking runs into the penalty area... first player- near post; second- far post third player- penalty spot fourth player- outside area