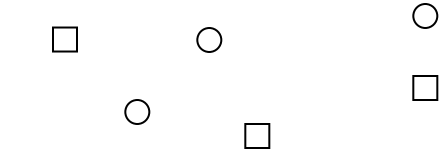
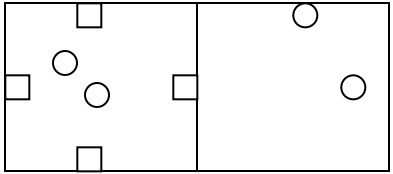
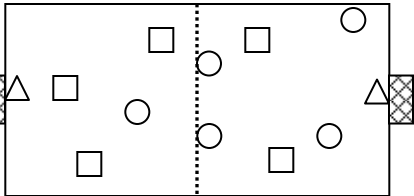
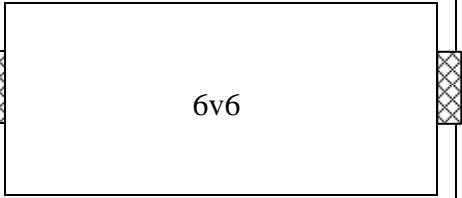


<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone in a 30-x-45 yard area Half the players need balls the other half doesn't Players move and pass in area Players with ball look to pass the ball to the farthest person away that does not have a ball <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Plant foot pointed at target Kick with inside of foot Wide surface=accuracy Follow through in direction of target Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Set up two adjacent 15-x-15 yard grids Four players try to keep away from two players in one grid The two players teammates wait in the other grid When the two gain possession, they pass the ball into the other grid to their teammates and follow Two people from the team that lost possession follow Points for set # of passes or splitting D 	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace Timing of run – only when 1st attacker has ball under control and is ready to pass Timing of pass – played when teammate is ready to receive it Move after a pass to get into a better position Easy for defenses to cover teams that do not move
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 6v6 (5 field and a GK) in a 60-x-44 yard area with a midfield line marked with disc cones Defenders (3) are restricted to their half, and forwards (2) are restricted to theirs Ball must be passed across the half line <p>Progressions: Remove the half restriction. Two points for 7 consecutive passes, 1 point for a goal</p>	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace Easy for defenses to cover teams that do not move Mobility constantly creates space that can be exploited
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 6v6 with no restrictions on players Teams score by shooting into goals 	<ul style="list-style-type: none"> Look for good team shape Watch for proper technique Observe to see if session has helped with passing technique