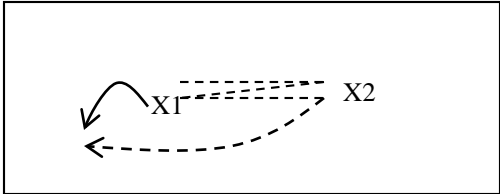
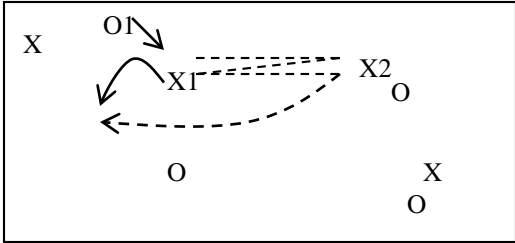
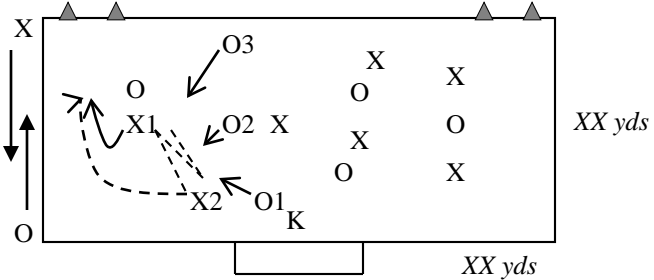


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. - groups of two players</p> <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - (X1) has the ball, (X1) passes to (X2), (X2) passes back to (X1), (X1) passes back to (X2) then turns and runs into space, (X2) makes the final pass back to (X1)
<p>Match Related Activity 15 min. 4 v 4 open possession -eliminate opponent - draw opponent into space</p>		<ul style="list-style-type: none"> -shield ball -correct weight of pass - (O1) is closing in on (X1) the first pass makes (O1) attack (X1), (X2) final pass is into space where (X1) has turned into
<p>Match Related Activity 20 min. 7 v 7 + keeper - correct space and opposition is important</p>		<ul style="list-style-type: none"> -(X1) and (X2) do a double pass to draw (O1), (O2), (O3) into space, (X2) spins out into space to go to the small goal - do not be predictable
<p>Match Condition Game 40 min. 11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - to create space and to eliminate players anywhere on the field
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	