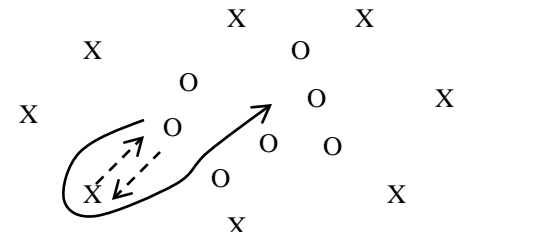
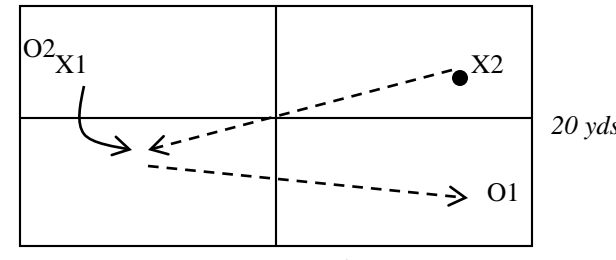
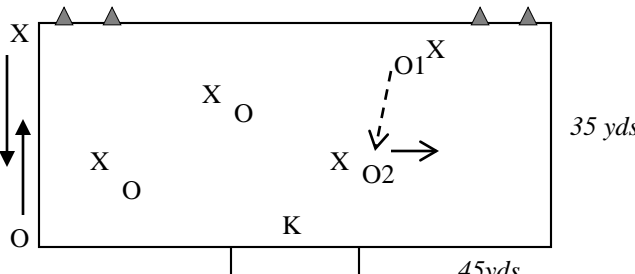


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>Players (O) check to server (X) receive ball, then play ball back to (X), then run around the back of server and then go to next server</p> <p>-feet, chest, thigh, head</p> <p>- same as above player now receives ball turns and finds an empty server to play the ball to</p> <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> -read the flight of the ball - get in line with the ball -select which surface to receive the ball with -see attachment for technique on (ground, thigh, chest, and head)
<p>Match Related Activity 15 min.</p> <p>-(X1) checks to (X2), (X1) receives from (X2) and play it to (O1)</p> <p>-(X1) must play two touch (first touch to control and second to distribute)</p> <p>-(O2) can play defense</p> <p>-rotate players</p>		<ul style="list-style-type: none"> -(X1) demanding the ball to a surface and space -speed of play (controlling the ball, playing the ball back in two touches)
<p>Match Related Activity 20 min.</p> <p>4 v 4 with counter goals</p> <p>- every player must touch the ball before going to goal</p>		<ul style="list-style-type: none"> -body positioning -receiving the ball into space (O1) plays to (O2), (O2) then receives with first touch going into space -shield ball from opponent
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> - player choosing the proper surface to receive the ball while being confident in their ability
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	