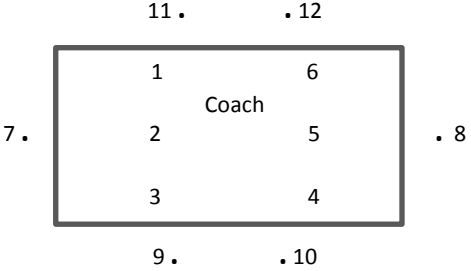
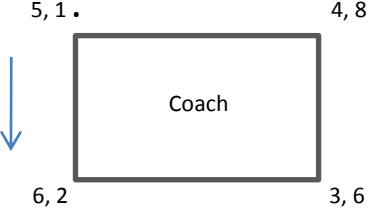
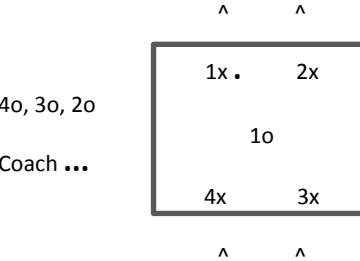
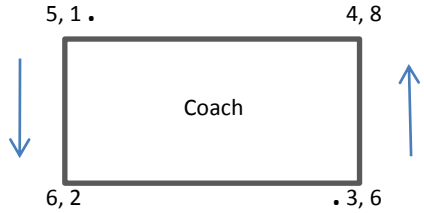
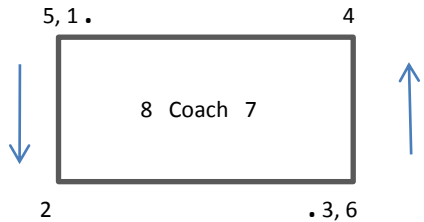
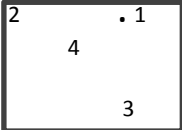
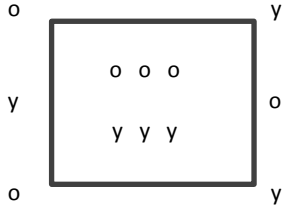


Week 2 - Club Training (First Touch)

Description	Organization	Coaching Points
<p>WARMUP (20 min)</p> <p>* Pass ball to player on inside who passes back and returns to center to touch Coach before going to find another player on outside to get ball from (sw)</p> <p>* Pass ball to player on inside who does 5 toe taps and passes ball back - tags Coach then finds another ball. (switch)</p> <p>* Throw-in to players on inside - trap and pass back if ready for it - dribble to diff outside player & pass discuss trapping foot (side & top) and thigh (sw)</p> <hr/> <p>* Pass to player on inside who dribbles to someone on outside w/o a ball and changes places so players on outside should be w/o ball waiting for player from inside to dribble to them.</p>	<p>Even # of players 12, 10, or 8/area... divide in half 1 ball for 2 players; 2 color bibs (1-6 Yellow) (7-12 Red) Area 25x25yds (adjust to provide enough space)</p> 	<p>Call name of the player passing to/ look at them</p> <p>Take your time when you pass or dribble</p> <p>Cushion ball when stopping it - like catching egg</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>* Begin with passing around box receive around the outside of the grid 1->2 (follow pass) 2->3 (follow pass) and so on both directions</p> <p>* Coach can then ask players to pass him ball for him to pass back as the player is running to receive it before passing to teammate 1-> Coach -> 1 -> 2 give-n-go around the area (passing, moving, receiving, dribbling)</p>	<p>Box - 15 x 15 yd; 1 ball to start exercise (progress to 2 balls if they are comfortable (opposite corners))</p> 	<p>same as above</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>4v1</p> <p>Passing in an area. If connect 3 passes - get to score by dribbling and stopping on line.</p> <p>If DEF takes ball away he can score by dribbling to a line between 2 cones to score. (switch DEF often enough so they don't get bored)</p> <p>Can also score if Coach says - "go score" - whoever has the ball decides how best to score (dribble or pass)</p>	<p>Box 15yds x 15yds; 8 players per area 4v1 + 3 waiting rotate to DEF when can</p> 	<p>same as above</p> <p>Pick heads up - looking for open player</p> <p>When dribbling to score keep ball close & under control.</p> <p>Protect it from defender - find the open player</p>

Week 2 - Club Training (First Touch)

Description	Organization	Coaching Points
<p>WARMUP (15 min)</p> <p>Begin with passing around box - 2 touch if possible receive w foot closest to the direction of next pass 1->2 (follow pass) 2->3 (follow pass) and so on both directions using left foot to pass when ball passed (clockwards) from 1-> 4, 4->3 etc</p> <p>* Coach can then ask players to pass him ball for him to pass back as the player is running to receive it before passing to teammate 1-> Coach -> 1 -> 2 give-n-go around the area (passing, moving, receiving, dribbling)</p>	<p>Box - 15 x 15 yd; 2 balls (opposite corners) to start</p> 	<p>Good pass try not to use toe</p> <p>Stop ball and play it in direction you want to pass</p> <p>Run right after making the pass (fast)</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>6 & 8 are DEF that put pressure on player receiving</p> <ol style="list-style-type: none"> (1)->(2) & (3)->(4) ... (7) & (8) pressures (2) & (4) (1) & (3) after pass go to middle to DEF next (6) & (8) stay at the corner they just pressured (2) & (4) receive, then pass & follow their pass start again with players in center putting pressure on the pass, hurrying the 1st touch <p>Rotate defenders in while working w passers switch players defending</p> <ol style="list-style-type: none"> pass & move (limited dribbling - player not receiving ball moves to open corner) pass & player receiving dribbles to open corner 	<p>Box - 15 x 15 yd; 2 balls (opposite corners) to start</p>  <p>Box 7yds by 7 yds; 6 players 3v1 with 2 rotating on DEF no touch restriction to start limit to 3 touch, 2 if possible if players are too comfortable w 1 or 2 touch... mandate 3 or 4</p> 	<p>Good crisp passing</p> <p>Open up when receiving - use front foot</p> <p>Keep the ball on the ground & close when receiving</p> <p>Preparation in direction away from pressure</p> <p>Fakes as needed to deceive defender</p> <p>Shielding, holding ball using fakes</p> <p>Always move so have 2 options for passes</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>3v3 (12 players in a grid) adjustment 3v2 or 4v3 inside OFF can pass to their teammates on outside Targets on outside can receive and pass back to someone other than the player that passed to them</p> <p>When DEF intercepts ball Targets from the opposite team come in on DEF</p>	<p>Box 20yds x 20yds; 3v3 inside + Targets on outside</p> 	<p>Pick heads up - looking for open player</p> <p>Talk - Targets on the outside help teammates</p>

Week 2 - Club Training (First Touch)

Description	Organization	Coaching Points
<p>WARMUP (20 min)</p> <p>(1) -> (2) receiving the pass on outside of cone (a) backpedals around (c.) and receives ball on the outside of (b). After (2) -> (1), (2) changes w/ (1) then continue w/ (2)->(3) outside of (a) - repeat</p> <p>(1)-> (2) side-on facing (a) receiving w/ L foot drib inside (a)->(1) repeats to other side - changes. Same thing but with a toss/volley; & toss 1/2 volley</p>	<p>Groups of 3 - 1 ball; cones (a &b) 5 yds apart cone (c.) 3 yds deep. Players behind trail cone (c.). Passer (1) 5yds from the front 2 cones.</p> <pre> a 1 . c 2 3 b </pre>	<p>Crisp passing on ground - 1 touch</p> <p>Anticipate meeting the ball outside cone</p> <p>When receiving "side-on" get to spot quick set feet and get used to looking up field.</p>
<p>Combine 2 groups and play 3v1 passive DEF to start Rotate defenders in while working w passers switch players defending</p> <p>1. pass & move (limited dribbling - player not receiving ball moves to open corner</p> <p>2. pass & player receiving dribbles to open corner</p>	<p>Box 7yds by 7 yds; 6 players 3v1 with 2 rotating on DEF no touch restriction to start</p> <pre> 2 . 1 4 3 </pre> <p>limit to 3 touch, 2 if possible</p> <p>if players are too comfortable w 1 or 2 touch... mandate 3 or 4</p>	<p>If not involved in pass move quick</p> <p>Stay alert and focused... balls of your feet</p> <p>Keep body positioned with back to outside & shoulders square to player with ball.</p>
<p>TECH SKILL adding pressure (20 min) + break</p> <p>(1)->(2), (2) receives to right or left & passes to (1) (2) turns & faces (3) to receive pass/return to (3) (2) must set up behind cones away from passer</p> <p>(1)->(2) receives around cone & returns (turn/repeat)</p> <p>(1)-> (2) "side-on" and looks at (3) to tell him which way to receive ball. (2) touches to outside of cone return pass... then turn & (2) faces (3) and looks at (1) for side to receive towards.</p>	<p>1 & 3 have a ball... stand about 20 yds apart 2 cones in center about 5 yds apart</p> <pre> ^ 1 . 2 . 3 ^ </pre>	<p>Side on</p> <p>Don't kill ball dead</p> <p>Add fake to opposite side before 1st touch</p> <p>Look to see where pressure is coming from</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>4v4 Possession game - o&y vs b&r</p> <p>- alternating color passing</p> <p>- restrict one color on ea team to one touch (r.) one touch & (b) unlimited - wo alternating (o) one touch & (y) unlimited - unrestricted pass</p>	<p>Box 20yds x 20yds; 4v4 inside + Targets on outside</p> <pre> o o y o o y b r r b r r </pre>	<p>Pick heads up - looking for open player</p> <p>Talk - Targets on the outside help teammates</p> <p>Concentration</p> <p>Field awareness - don't bunch</p>

Week 2 - Club Training (First Touch)

Description	Organization	Coaching Points																																				
WARMUP (10 min)																																						
<p>(1)-(2), (2) receives to right or left & passes to (1) (2) turns & faces (3) to receive pass/return to (3)</p> <p>(1)-(2) receives around cone & returns (turn/repeat)</p> <p>(1)-(2) "side-on" and looks at (3) to tell him which way to receive ball. (2) touches to outside of cone return pass... then faces (3) and looks at (1) for side to receive towards. (outside players point direction defensive pressure is coming from)</p>	<p>1 & 3 have a ball... stand about 20 yds apart 2 cones in center about 5 yds apart</p> <pre> ^ 1 . 2 . 3 ^ </pre>	<p>Side on</p> <p>Don't kill ball dead</p> <p>Add fake to opposite side before 1st touch</p> <p>Look to see where pressure is coming from</p>																																				
TECH SKILL adding pressure (20 min) + break																																						
<p>6v6 + GK Possession game - o&y vs b&r</p> <ul style="list-style-type: none"> -Unrestricted w/ 3 passes 2pts; 1pt -> GK hands -Alternating color passing (still looking for GK) -1 color from each team (y & b) have 2 touch restr other colors (r & o) unrestricted - switch <p>Goal scored when connecting 2 passes + pass to GK</p> <p>Progression: GKs move around outside + 3 passes</p>	<p>2 colors v 2 colors; 40 x 40 - 1/4 field (possession) 18 players (if B1 & B2 use whole area)</p> <table border="1" data-bbox="772 688 1304 862"> <tr><td>o</td><td>o</td><td>o</td><td>o</td></tr> <tr><td>y</td><td>y</td><td>y</td><td>y</td></tr> <tr><td></td><td>GK b/r</td><td>GK o/y</td><td></td></tr> <tr><td>b</td><td>b</td><td>b</td><td>b</td></tr> <tr><td>r</td><td>r</td><td>r</td><td>r</td></tr> </table>	o	o	o	o	y	y	y	y		GK b/r	GK o/y		b	b	b	b	r	r	r	r	<p>Focus on 1st touch & keeping ball under control</p> <p>Move the ball away from pressure on 1st touch</p> <p>Head up thinking 1 pass ahead of current pass</p> <p>Playing 360 degrees - head on a swivel</p>																
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GAME LIKE CONDITIONS (20 min)																																						
<p>6v6 + Target players wide</p> <p>Balls played to wide players - switch with them Goals scored after 4 passes</p> <p>o & y -> pass thru cones to switch directions then they attack GK and b & r must play thru cones</p> <p>Add restrictions if possible... limiting touches for 1 color</p> <p>(reason to do this is to put their 1st touch under pressure... restricting time they have to think will cause them to have to anticipate next pass and focus on receiving ball with good position).</p>	<p>1/2 field - 2 games going</p> <table border="1" data-bbox="842 1000 1228 1401"> <tr><td></td><td></td><td colspan="3">GK</td><td></td></tr> <tr><td>b</td><td></td><td></td><td>o o o</td><td>r</td></tr> <tr><td></td><td></td><td></td><td>y y y</td><td></td></tr> <tr><td></td><td></td><td></td><td>b b b</td><td></td></tr> <tr><td></td><td></td><td></td><td>r r r</td><td></td></tr> <tr><td>o</td><td></td><td></td><td></td><td>y</td></tr> <tr><td></td><td></td><td>^ ^</td><td></td><td>^ ^</td></tr> </table>			GK				b			o o o	r				y y y					b b b					r r r		o				y			^ ^		^ ^	<p>Concentration</p> <p>Awareness of space and time</p> <p>Quick transition from attacking to defending</p> <p>With reduced time making good decisions</p> <p>Body open to see teammates</p> <p>Don't bunch - but move to support player w limited touches</p>
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