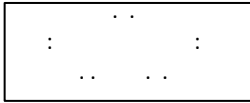
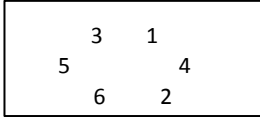






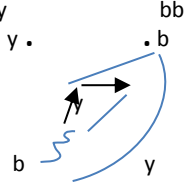
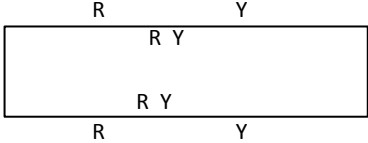
Week 4 - Club Training (Passing)

Description	Organization	Coaching Points
<p>WARMUP (20 min) Pass, receive to side, return pass - both feet</p>	<p>1 ball for 2 players... 2 touch passing around cones 5 yds apart depending on skill level</p>	<p>Inside foot - knee of kicking foot facing out Plant foot next to ball... not in front or behind</p>
<p>1 -> 2 -> 3 -> 4 -> 5 -> 6 -> 7 -> 8 <i>Pass and follow your pass (have fewer players in ea line if you want more touches - start with players receiving ball still, then moving fwd.. 2 touch, 1 touch?)</i></p>	<p>Groups 10 yds apart 2 lines of 4 players ea (8 players in group) 1 ball 7, 5, 3, 1 • <-> 2, 4, 6, 8</p>	<p>Pass with inside of foot Strike thru the middle of ball</p>
	<p>3 teams going at the same time (2 gates open) 1 ball for 2 players... 5 gates in a 20 x 20 yd box</p>  <p>No def, just 3 teams competing for open space.</p>	<p>Talk and work together moving to each gate Keep head up so don't go to same gate as other team Don't just kick, pass</p>
<p>TECH SKILL adding pressure (20 min) Sequence passing 1->2->3->4->5->6->1 repeat Pass and move Add coach in between players to have them think</p> <p>Add Defender and count passes... see if OFF can get 3 passes before DEF takes it. (rotate DEF & then rotate DEF to OFF for constant rotation. Take off restriction of sequence passing if too hard</p>	<p>5 players with 1 ball - 20 x 20 yd space</p>  <p>Add Defender (regroup into grps of 8 - 5 v 1 w subs)</p> 	<p>Keep head up Don't just kick, pass Receive ball into open space if possible Play the next pass without too much dribbling</p>
<p>GAME LIKE CONDITIONS (20 min) Small sided game</p>	<p>Game 4 v 4 with subs small sided game - Maybe have a restriction to start that divides players into 1/2s of the field... R or L or Off/Def</p> <p>Progression: unrestricted</p>	<p>Same as above</p>

Week 4 - Club Training (Passing)

Description	Organization	Coaching Points
<p>WARMUP (20 min) Sequence passing 1 ball to get hang of it then... add a 2nd ball restarting w/ balls at players 1&3</p>	<p>Undefined space. 1 ball to start</p>	<p>Be alert, keep moving without ball Know who is passing ball, and who your pass to</p>
<p>Receive and play back to same player move repeat ----- 2 touch playing ball back to same player & switching outside player that receives ball leaves it & looks for another ----- Receive ball, dribble - find another outside player pass to that player and repeat</p>	<p>Box 1/2 in & 1/2 out... balls with players on outside</p> 	<p>Keep head up Don't just kick, pass Receive ball into open space if possible Play the next pass without too much dribbling</p>
<p>TECH SKILL adding pressure (20 min) Start with light pressure from (DEF:7,8) (1-6) receiving passes, dribbling and finding another player on outside to play ball to. (1 ball - 2 passes before you can play the ball to outside player.</p>	<p>Box 1/2 in & 1/2 out... balls with players on outside 30 x 30 yd box</p> 	<p>Be alert - know where defender is and how much time you have when you receive. ----- Communicate without the ball - let teammates know if they have time and if you are open.</p>
<p>6v2 If DEF intercepts they swap out and keepaway begins again... until ea DEF pair goes twice (switch OFF/DEF)</p>		<p>Spread out so harder on defense ----- Don't dribble too much - keep ball moving ----- Keep ball on the ground and look for longer passes</p>
<p>GAME LIKE CONDITIONS (20 min) Small sided game</p>	<p>Game 4 v 4 with subs small sided game - Maybe have a restriction to start that divides players into 1/2s of the field... R or L or Off/Def ----- Progression: unrestricted</p>	<p>Same as above</p>

Week 4 - Club Training (Passing)

Description	Organization	Coaching Points
WARMUP (20 min)		
<p>Pattern passing box</p> <p>2v1 give-n-go</p>	<p>10 x 10 box... groups of 7 or more 5v2 with the 5th OFF in the middle looking for 1 touch</p> <p>Groups of 8</p> 	<p>Outside of foot pass from dribbler</p> <p>Attack side closest to "help/wall passer"</p> <p>Wall passer use inside front foot letting ball pass thru body</p> <p>Don't lead wall passer - play to front foot</p>
TECH SKILL adding pressure (20 min)		
<p>Diagonal possession - change when ball played to outside. Work on give-n-gos</p>	<p>15 x 15 box diagonal 8 players</p> <pre> y . b b y y b b y </pre>	<p>Be quick to recognize benefit of switching roles</p> <p>Setup give-n-gos by showing wide and on angle</p> <p>Move without the ball to create passing alleys</p>
<p>Passing thru gates to score. 5v5 finding angles and open space to play passes</p>	<p>5v5, 7 gates... passing thru gates to score 40 x 30</p> <pre> : : : </pre>	<p>Spread the game. Realize when receiving pass goal is to find teammate quickly - pass & move.</p> <p>Move in 3s... Receiver needs to have option to dump a short pass thru gates.</p>
GAME LIKE CONDITIONS (20 min)		
<p>Rotation - endzone passers go wide; wide come in; and inside players go to endzone.</p>	<p>Directional keepaway 2v2 inside w Targets on ends and Bumpers on sidelines</p> 	<p>Goal - never be flat on inside</p> <p>Look for opportunities for give-n-go w wide players</p> <p>Show on angles so deep pass is made and not close pass</p> <p>Find ways to combine inside - up-back-thru</p>