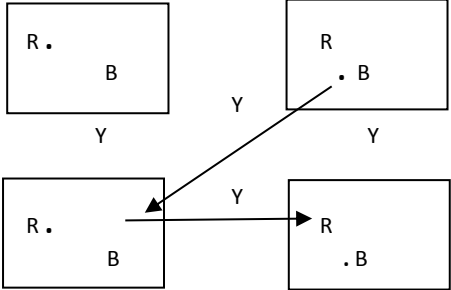
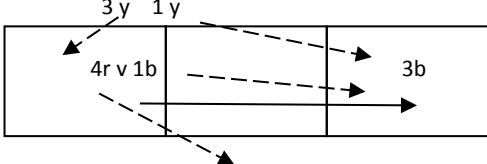
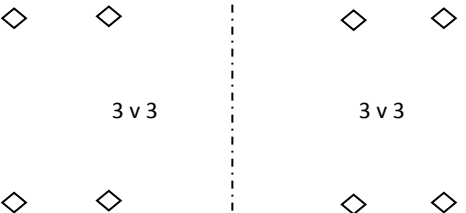


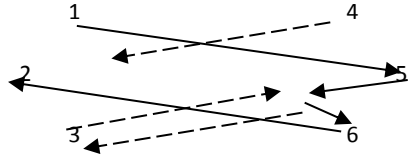
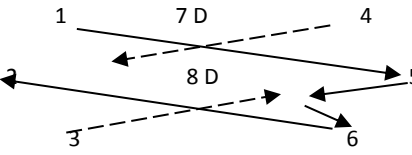
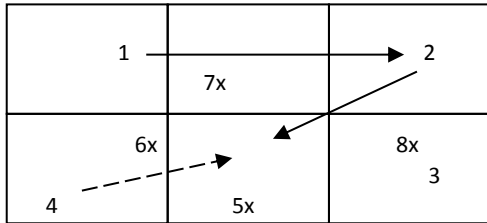
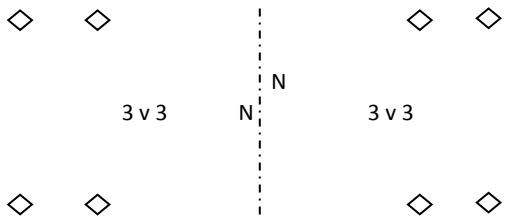
Week 5 - Club Training (Passing patterns)

Description	Organization	Coaching Points
<b>WARMUP (20 min)</b>		
Striking the ball		Ankle locked Toe pointed downward Non-kicking foot next to ball
Passing and receiving at angle moving down field		Follow thru towards partner, landing on kicking foot Receive with a soft touch cushioning ball direction of next pass
<b>TECH SKILL adding pressure (20 min)</b>		
Pass & follow your pass Passing wide & around w/ R foot to start dribble and shoot when it returns to 1 Go opposite direction... attempt L foot as well  Start with no restrictions on touches... then see if players can touch in direction they want to pass and play quicker.  Progression: follow the pass and put pressure on player receiving the ball		Have players pick heads up some before receiving Pace on the pass Use proper portion of foot Use both feet Receive in direction of your next pass
<b>GAME LIKE CONDITIONS (20 min)</b>		
4 v 4 Four goal game  Kick it thru to score  Progression: pass thru goal to teammate to score		Don't get locked on one goal Must protect your own goal while attacking Look for opportunities to get numbers advantage 2v1 or 3v1

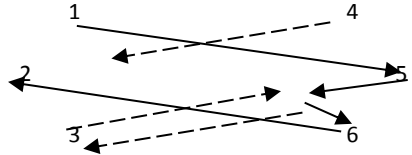
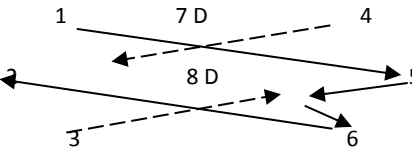
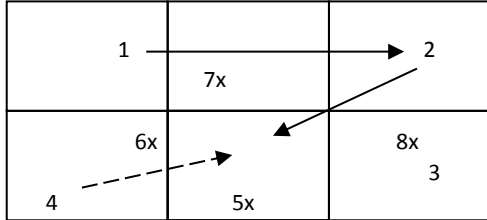
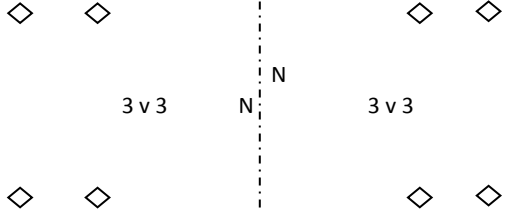
Week 5 - Club Training (Possession Changing Point of Attack)

Description	Organization	Coaching Points
<p><b>WARMUP (20 min)</b></p> <p>Keepaway with longer passes to teammates                      1 Ball with ea color RED -&gt; RED; BLUE -&gt; BLUE                      Yellow defending inbetween boxes... if YELLOW intercepts they immediately go to box &amp; other team defends the pass</p>	<p>4 boxes (10 x 10) or (15 x 15) ... 3 teams 4 players ea</p> 	<p>Good crisp passes</p> <p>Eye contact - looking for seam in defense to pass</p> <p>Soft touch when receiving pass</p> <p>Move ball quickly not letting defense adjust</p>
<p><b>TECH SKILL adding pressure (20 min)</b></p> <p>4 v 1 keepaway after 3 passes RED passes BLUE                      RED leaves field, BLUE DEF joins team 4v1 vs YELLOW                      YELLOW from sidelines goes to DEF vs BLUE</p>		<p>Recognize quickly when to make long pass</p> <p>Use drop pass to change fields</p> <p>Crisp pass on ground - make it easy to handle</p> <p>Player receiving ball protect it from pressure &amp; teammates spread out to keep ball longer</p>
<p><b>GAME LIKE CONDITIONS (20 min)</b></p> <p>6 v 6 Four goal game</p> <p>Stop it on the line to score</p> <p>Progression: pass thru goal to teammate to score</p>		<p>Don't get locked on one goal</p> <p>Must protect your own goal while attacking</p> <p>Look for opportunities to get numbers advantage                      2v1 or 3v1</p>

Week 5 - Club Training (Possession Changing Point of Attack)

Description	Organization	Coaching Points
<p><b>WARMUP (20 min)</b></p> <p>1-&gt;5 (3: moves)5-&gt;3-&gt;6-&gt;2 (4: moves)2-&gt;4 (3: return)4-&gt;3 and the cycle of passing and support continues  <i>longer driven balls... support player anticipates &amp; moves early - returning after 1 touch ball is laid off</i></p>	<p>1, 2, 3 are RED.... 4, 5, 6 are YELLOW (15x50 area)</p> 	<p>Crisp long passes - easy to handle</p> <p>Soft first touch looking for immediate support</p> <p>Anticipate ball moving to offer support</p>
<p>Add 2 defenders and continue to move and pass</p>	<p>1, 2, 3 are RED.... 4, 5, 6 are YELLOW (15x50 area)</p> 	<p>Play away from pressure</p> <p>Find seams</p>
<p><b>TECH SKILL adding pressure (20 min)</b></p> <p>Keepaway - scoring</p> <p>1 pt pass to next full square</p> <p>2 pts for pass diagonal</p> <p>3 pts for pass skipping squares</p> <p>Looking for passes worth more like 1-&gt;2 &amp; 2-&gt;4</p>	<p>1, 2, 3, 4 are RED.... 5, 6, 7, 8 are YELLOW (10 x 15 boxes)                      Total area 20 x 45</p>  <p>Progression: have player join another box to receive pass played into space making it a 2v1 for that play</p>	<p>Movement away from ball opening up space</p> <p>Spreading the game looking for penetrating pass</p> <p>Getting separation from defender</p> <p>Good field vision</p>
<p><b>GAME LIKE CONDITIONS (20 min)</b></p> <p>6 v 6 + 2 Four goal game</p> <p>Stop it on the line to score</p> <p>Progression: pass thru goal to teammate to score</p>		<p>Don't get locked on one goal</p> <p>Must protect your own goal while attacking</p> <p>Look for opportunities to get numbers advantage                      2v1 or 3v1</p>

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