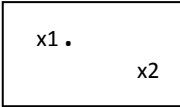
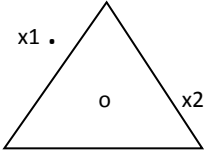
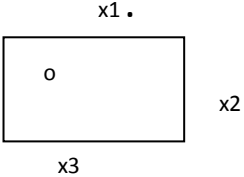
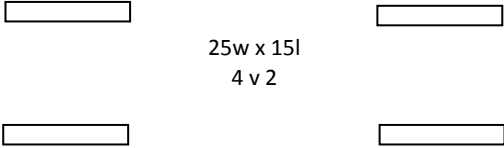

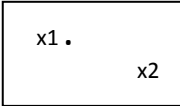
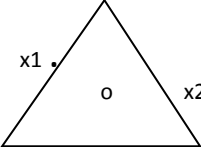
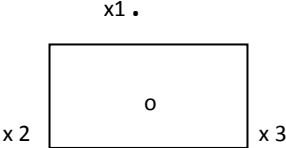




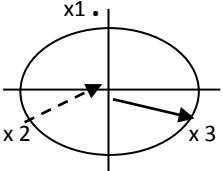
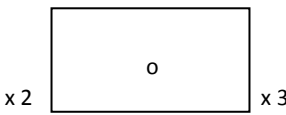
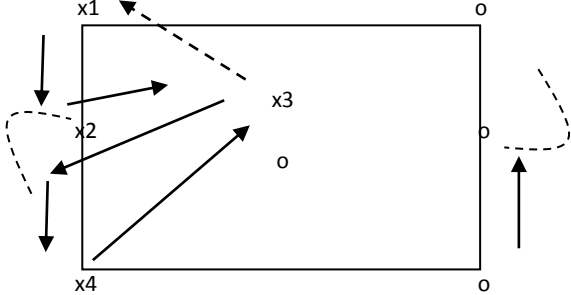
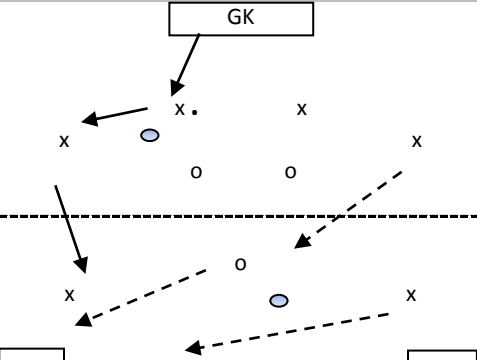
Week 6 - Club Training (Passing and Moving)

Description	Organization	Coaching Points
<p>WARMUP (20 min)</p> <p>2 players 1 ball passing and moving inside grid</p>	<p>2 players 1 ball - 10 yds box</p>  <p>2 players passing no defense</p>	<p>Angles</p> <p>Distance</p> <p>Movement off the ball - go where you can be seen</p>
<p>Add Defender inside (2 v 1)</p> <p>Offense stays on outside - Defense inside</p> <p>Pass around the outside to keep possession</p> <p>Pass thru the triangle to score</p> <p>Def intercepts pass switch with Offense</p>	<p>7-10 yd triangle</p> 	<p>Decision of when to possess and when to penetrate</p> <p>Movement around triangle helping w bent runs</p> <p>Don't only move to corners... move to open space</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>3 v 1 - OFF(x) on outside of grid. DEF(o) inside of grid.</p> <p>Switch roles when DEF intercepts pass.</p> <p>Possess around the outside looking for chance to play pass thru grid.</p>	<p>3 v 1 passing thru grid</p> 	<p>Person without ball constantly making adjustments</p> <p>Do it without talking - more of a surprise if you see person open without hearing them calling for ball</p>
<p>4 v 2 - in a 4 goal game... mimicing DEF (4) breaking out of zone against ATT (2).</p> <p>Always looking for options to the Right and Left of the player with the ball.</p> <p>Stop ball on line between cones to score</p>	 <p>25w x 15l 4 v 2</p>	<p>Fast pass to make DEF more unsure on timing of of pass or location you are passing to</p> <p>Movement without ball before it reaches teammate</p> <p>Pass to space letting teammate run onto the ball</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>Start play with GK rolling ball to defenders</p> <p>don't let them PUNT... FREEZE play once GK rolls the ball out to get them in triangles (if possible)</p>	<p>30w x 30l</p>  <p>GK</p> <p>6 v 4</p> <p>GK</p>	<p>Looking for out of bounds - kick ins and GK ball to stop play and look for triangles... with the DEF and GK; as well as DEF and MIDS</p> <p>Patience - not just kicking</p> <p>Moving without the ball - into space (not towards ball)</p>

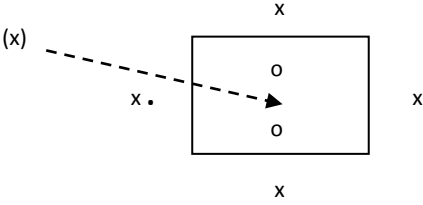
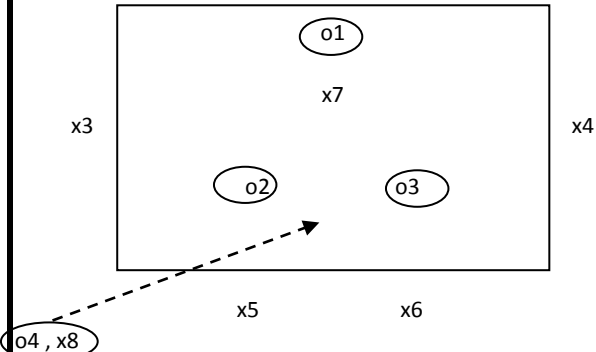
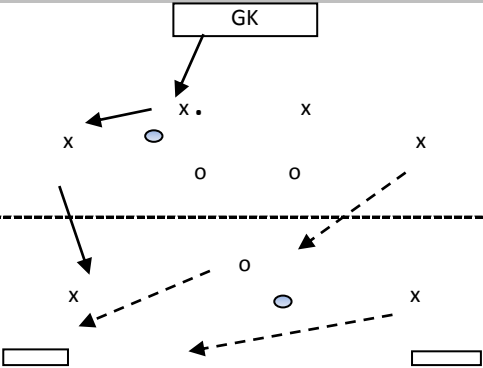
Week 6 - Club Training (Passing and Moving)

Description	Organization	Coaching Points
<p>WARMUP (20 min)</p> <p>2 players 1 ball passing and moving inside grid</p>	<p>2 players 1 ball - 10 yds box</p>  <p>2 players passing no defense</p>	<p>Angles</p> <p>Distance</p> <p>Movement off the ball - go where you can be seen</p>
<p>Add Defender inside</p> <p>Offense stays on outside - Defense inside</p> <p>Pass around the outside to keep possession</p> <p>Pass thru the triangle to score</p> <p>Def intercepts pass switch with Offense</p>	<p>7-10 yd triangle</p> 	<p>Decision of when to possess and when to penetrate</p> <p>Movement around triangle helping w bent runs</p> <p>Don't only move to corners... move to open space</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>3 v 1 - OFF on outside of grid. DEF inside of grid.</p> <p>Switch roles when DEF intercepts pass.</p> <p>Possess around the outside looking for chance to play pass thru grid. (Better players use 1 foot only on outside - more advanced make it weaker foot)</p>	<p>3 v 1 passing thru grid</p> 	<p>Person without ball constantly making adjustments</p> <p>Do it without talking - more of a surprise if you see person open without hearing them calling for ball</p> <p>Pass pass to make DEF more unsure on timing of of pass or location you are passing to</p>
<p>4 v 2 - in a 4 goal game... mimicing DEF (4) breaking out of zone against ATT (2).</p> <p>Always looking for options to the Right and Left of the player with the ball.</p>	<p>4 v 2</p> 	<p>Movement without ball before it reaches teammate</p> <p>Pass to space letting teammate run onto the ball</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>Start play with GK rolling ball to defenders</p> <p>don't let them PUNT... FREEZE play once GK rolls the ball out to get them in triangles (if possible)</p>	<p>30w x 30l</p> 	<p>Looking for out of bounds - kick ins and GK ball to stop play and look for triangles... with the DEF and GK; as well as DEF and MIDS</p> <p>Always trying to have options RIGHT AND LEFT</p> <p>Patience - not just kicking</p> <p>More controlled attack with passing</p>

Week 6 - Club Training (Possession Build Up out of the Back)

Description	Organization	Coaching Points
<p>WARMUP (20 min)</p> <p>Player w/o ball comes in and shows, receives open faces another player in their half and passes ball moves back out... x1 -> x2 -> x3, then x2 returns to original spot</p>	<p>Players around outside 4 balls for 8-12 players</p> 	<p>Objective is to come into space, receive and open looking for passing options at angles</p> <p>Open hips letting ball travel across body</p>
<p>3 v 1 - OFF on outside of grid. DEF inside of grid. Switch roles when DEF intercepts pass. Possess around the outside looking for chance to play pass thru grid. (Better players use 1 foot only on outside - more advanced make it weaker foot)</p>	<p>3 v 1 passing thru grid</p> 	<p>Move without the ball</p> <p>Play silently - using eye contact and hand gestures</p> <p>Fake pass to make DEF unsure of intent</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>Passing up-back-thru (1->2->3->2->4->3) 3 dribbles to 1 Rotation: 1 to 2; 3 to 1; 2 to 4; 4 to 3 x stay on 1 side; o stay on the other</p> <p>Progression: (1-> 2-> 3-> 1->4) where 1 makes an overlapping run Rotation:</p>		<p>Check away from ball</p> <p>Play ball with proper foot (ex: x2 LEFT -> x3)</p> <p>Spin away and accelerate</p> <p>Play with 1 touch if possible</p> <p>Know where next pass is going and angle body to allow for crisp, accurate pass</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>6 v 3 (4 v 2... 2 v 1) Ball starts with GK... must have 1 change of attack 3 passes before passing to FWD Use middle line to establish ball/player movement</p> <p>Progression: Add (2) ○ - (4 v 3 & 2 v 2) Look for seems where WEAKSIDE BACK makes a run at the time of the pass to the FWD</p>		<p>GK starts ball rolling to DEF. Looking for angles to pass thru</p> <p>Patience - if not on, go back to GK and change pt of attack</p> <p>Timed movement into space, into passing alleys</p> <p>Take on DEF making him commit then take advan of the extra man (2 v 1 or 3 v 2 situation)</p>

Week 6 - Club Training (Possession Build Up out of the Back)

Description	Organization	Coaching Points
<p>WARMUP (20 min)</p> <p>Right foot only on OFF then Left foot only 4 v 2 OFF outside box - DEF inside intercepting pass Safe passing outside grid - no pts; score across 2 lines Progression: Add (x) in the center making it a 5 v 2 having the center player distribute and switch with another player on the outside not involved in the pass</p> <p>Swap Central MID after touch - rotate players in there</p>	<p>15 x 10 yd area 4 v 2 using 1 foot only on OFF DEF intercepting pass</p> 	<p>Body angles open facing ball</p> <p>Progression: DEF hold onto ball 2 v 1 when intercept pass</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>6 v 3 + 1 Outside OFF players 2 touch; inside OFF 1 touch If DEF intercepts - they play 3 v 1 on inside</p> <p>Progression: Add a 4th DEF (6 v 4) 6 v 4 + 2 Outside OFF players 2 touch; inside OFF 1 touch If DEF intercepts - they play 4 v 2 on inside</p> <p>Swap Central MID after touch - rotate players in there</p>	<p>Groups of 11; (20 x 20 yd grid)</p> 	<p>Patience in attack - possess until have seam</p> <p>Looking for Central MID to help attack</p> <p>Central MID needs to play 360 knowing where pressure is coming from and where support is</p> <p>DEF - once intercept transition to possession vs the Central MID</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>6 v 3 (4 v 2... 2 v 1) Ball starts with GK... must have 1 change of attack 3 passes before passing to FWD</p> <p>Use middle line to establish ball/player movement</p> <p>Progression: Add (2) ○ - (4 v 3 & 2 v 2) Look for seams where WEAKSIDE BACK makes a run at the time of the pass to the FWD</p>		<p>GK starts ball rolling to DEF. Looking for angles to pass thru</p> <p>Patience - if not on, go back to GK and change pt of attack</p> <p>Timed movement into space, into passing alleys</p> <p>Take on DEF making him commit then take advan of the extra man (2 v 1 or 3 v 2 situation)</p>