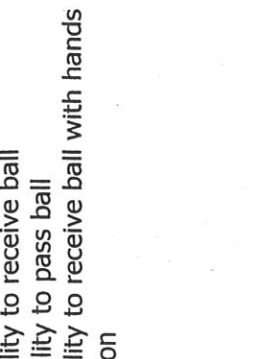
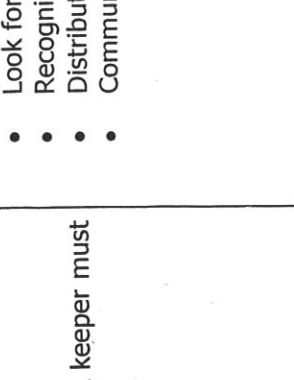
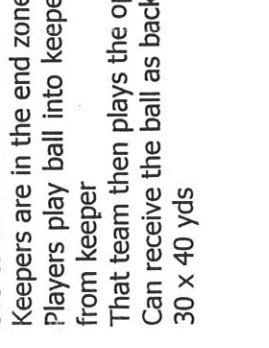
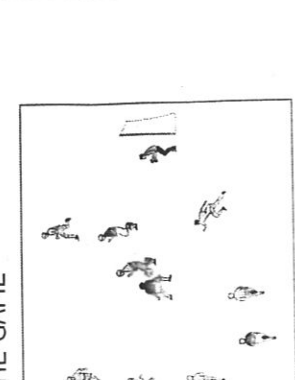


<p>WARM-UP</p> 	<p>ACTIVITY &amp; ORGANIZATION</p> <ul style="list-style-type: none"> <li>• Simple passing &amp; moving.</li> <li>• Two touch for players</li> <li>• Play the keeper</li> <li>• Use of feet and hands</li> <li>• Distribute with hands &amp; feet</li> <li>• Open Space</li> </ul>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> <li>• Technical ability to receive ball</li> <li>• Technical Ability to pass ball</li> <li>• Technical ability to receive ball with hands</li> <li>• Communication</li> <li>• Distribution</li> <li>• Body shape</li> </ul>
<p>PHASE 1</p> 	<p>5v5+gk</p> <ul style="list-style-type: none"> <li>• Players play keep away</li> <li>• Unlimited touches</li> <li>• Score by playing ball into keeper &amp; keeper must distribute to team</li> <li>• 30 x 40 yds</li> </ul>	<p>Technical ability both hands &amp; feet</p> <ul style="list-style-type: none"> <li>• Look for passing lanes</li> <li>• Recognize open space to receive ball</li> <li>• Distribution</li> <li>• Communication</li> </ul>
<p>PHASE 2</p> 	<p>5v5 to end zones</p> <ul style="list-style-type: none"> <li>• Keepers are in the end zone</li> <li>• Players play ball into keeper &amp; receive ball back from keeper</li> <li>• That team then plays the opposite direction</li> <li>• Can receive the ball as back pass</li> <li>• 30 x 40 yds</li> </ul>	<p>Movement of keeper in zone</p> <ul style="list-style-type: none"> <li>• Recognition of passing lanes</li> <li>• Recognize players time on ball</li> <li>• Distribution</li> <li>• Dealing with back pass</li> <li>• Communication</li> </ul>
<p>PHASE 3: THE GAME</p> 	<p>8v8 + gk</p> <ul style="list-style-type: none"> <li>• Regular game to goals.</li> <li>• Unlimited touches</li> <li>• 3 minute games</li> <li>• Half field</li> </ul>	<p>Regular game</p> <ul style="list-style-type: none"> <li>• All of the above</li> </ul>