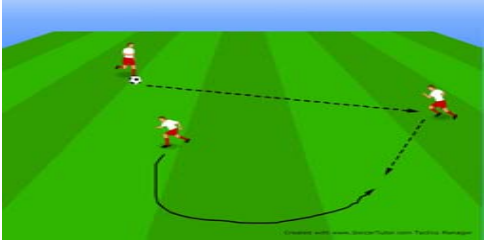

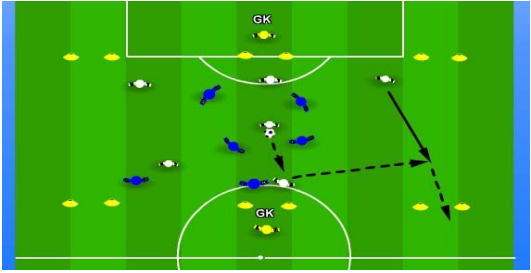





TOPIC = Switching the point of attack

COACH = Derek Willis

(Using GK's for the coach that does not have a GK background)

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players (including GK's) get into groups of three, each group with one ball. * All players will be mixed together in the half field * Each player will have a number of 1, 2, or 3. * Player with the ball (#1) dribbles until #2 checks to him. #1 passes to #2 and #1 checks away. #3 will then check to the ball. * Balls will be passed on the ground at first, then service will vary 	<ul style="list-style-type: none"> * Players that don't have the ball checking to and away to create space and passing lanes. * Players receiving the ball to open their body up to the field * How the ball is delivered (driven, lofted, and on the floor)
<p>MATCH RELATED</p> 	<ul style="list-style-type: none"> * Played on a half field * 5x5 cone squares at each corner, one ball, 8 pinnines * Teams are split 8 v 8 with the 2 GK's as neutral players * To score a point, the team with the ball must pass the ball into one of the squares to a teammate, who then must complete a pass to a teammate to get a point. Players may not pass into the same grid consecutives times. * Goalkeepers are to use their hands as neutral players and distribute with their hands only. 	<ul style="list-style-type: none"> * Decision making of players to pass out of pressure * Getting head up before they receive the ball and afterwards to find their teammates. * Players receiving the ball across their body to allow quicker switches * How the ball is delivered (driven, lofted, on the floor) * Finding numbers up or numbers even situations * GK's distribution (overhand throw vs bowl vs sling) that allows the field player the best control of the ball
<p>MATCH RELATED</p> 	<ul style="list-style-type: none"> * 6 goal game with GK's * 6 v 6 + 2 gk's. * Play on a 35 yard length by 60 width * Teams have 3 goals that they can score on. In order to score, they must pass the ball through the cone gates without the GK (who is situated behind the cones) being able to pick the ball up (GK should only be 5 yards max behind the goals) * Goalkeepers can be used by their own team for a free back pass. In order to make it more game realistic (ie apply some kind of pressure) GK's only have two touches 	<ul style="list-style-type: none"> * Decision making of players to pass out of pressure * Players receiving the ball across their body to allow quicker switches * How the ball is delivered (driven, lofted, on the floor) * Finding numbers up or numbers even situations * Communication from the back to find the free space * Outside players getting width early to stretch the other team's defense.
<p>MATCH CONDITION</p> 	<ul style="list-style-type: none"> * 9 v 9 (including GK's) 90 length by 70 wide field 	<ul style="list-style-type: none"> * Same as above
<p>COOL DOWN</p>	<p>Jog and stretch</p>	