



Coach

Session date

Time available

Topic

Technical / Tactical
Tactical / Technical



WARM-UP	
Organization	Key Coaching Points
<p>Divide team into 2 team.</p> <p>Start with one ball per team, progress to three balls in play. Teams score by passing ball through gate to teammate.</p> <p>Play until one team scores 7 points. If ball goes out of bounds, coach plays in new ball to keep the game moving.</p>	<p>Player on the ball should keep head up to find open gate.</p> <p>Don't force play.</p> <p>Players off the ball must move to find open gates.</p>



ACTIVITY 1	
Organization	Key Coaching Points
<p>40x60 grid; divided into equal thirds.</p> <p>Directional to small goals. Three goals for each team, one goal per third of field.</p> <p>Teams must complete a pass in each grid before being able to score on any of their three goals.</p>	<p>Quickly switch the point of attack using 1 and 2 touch passes.</p> <p>Create width to allow point of attack to change quickly.</p> <p>Don't force play, find open space.</p> <p>Proper body shape to be able to see field and switch ball quickly.</p>



ACTIVITY 2	
Organization	Key Coaching Points
<p>Same 40x60 grid as previous activity.</p> <p>No restrictions on play.</p> <p>Players can score on any of three goals.</p>	<p>Player on the ball must assess level of pressure to determine if point of attack should be switched.</p> <p>Quickly switch the point of attack using 1 and 2 touch passes.</p> <p>Players must create width to allow point of attack to change quickly.</p> <p>Don't force play, find open space.</p>



GAME	
Organization	Key Coaching Points
<p>8v8 scrimmage in two-thirds of field.</p> <p>1-2-3-1 formation for both teams.</p> <p>No restrictions.</p>	<p>Same as previous exercises.</p> <p>Emphasize switching point of attack through backs and center mids, use outside mids to create width.</p>