

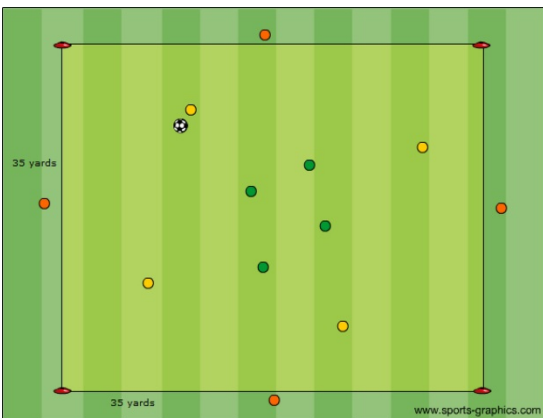
TECHNICAL WARM-UP

SCENARIOS

- 1) Dribble In / Dribble Out
 - 2) Dribble In / Pass Out
 - 3) Dribble In / 1-2 Combination Out
 - 4) Dribble In / Pass Out with 3rd Man Overlap
- *Add various exiting movements

LOOKING FOR

- Introduce idea on Penetration, Support, Mobility, Improvisation, Width/Height
- Proper 1st touch, Change of Pace, Good Vision, Quality dribbling / passing, Appropriate decision making, Good mentality



SMALL SIDED

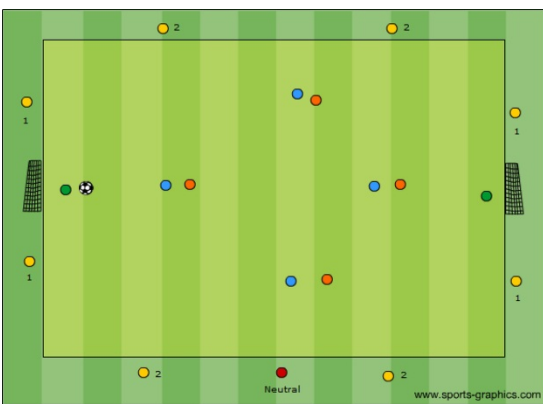
4v4 + 4 Possession

SCENARIOS

- 1) Unlimited touch Inside – 2 touch outside (5 passes = 1 point)
- 2) Unlimited touch inside – 1 touch outside (5 passes = 1 point)
- 3) Unlimited touch inside – 1 touch outside (Endline to Endline = 1 point)

LOOKING FOR

- Add purpose behind the principles introduced in warm-up
- Quality transition to attack, clean possession, good support angles/distances, movement away from the ball



EXTENDED SMALL SIDED GAME

-4v4 + 2 to GOAL

SCENARIOS

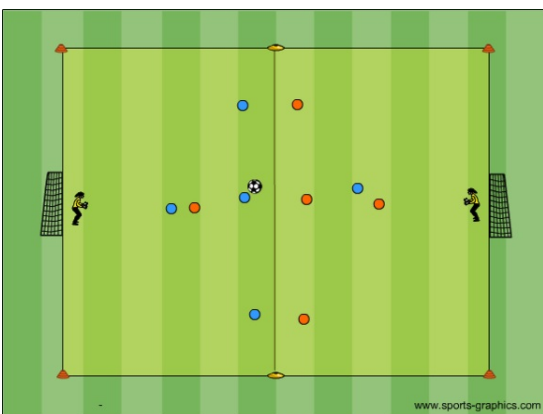
- 1) Unlimited touch inside – 2 touch outside (To Goal)
- 2) Unlimited touch inside (highly recommend 2 touch) – 1 touch outside (To Goal)
- 3) Unlimited touch inside

LOOKING FOR

- Work on attacking shape and ideas on when to shoot, pass, or dribble
- Look for players to take risks and have a willingness to compete

DEMONSTRATE

- Use of Neutral Player Wide, Endline, Middle



GAME (25 minutes)

- 6v6 including GK's
- Offsides line
- No restrictions
- Play a 1-3-1 formation

LOOKING FOR

- Quick transition to attack in game
- Good attacking shape
- Create quality scoring opportunities

