PRACTICE PLAN

Team:	Nelson Express	**Number of Players:**	12
Location:	Nelsonn County	**Date:**	5-Oct-11
Topic:	When to Pass/ When to Dribble		

Organization: Half Field
 -GKs are needed for last 45 min
 -organize group into their teams

Warm-Up/Stretch: (12 players)   [Use Center Circle]
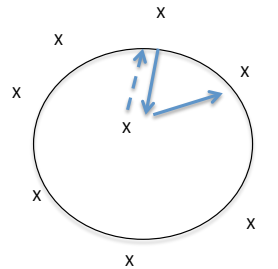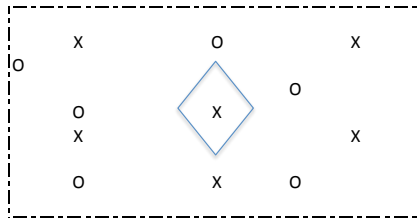
Circle Activity
 *Pass/Dribble
-1/2players with ball, half without. Dribble to middle, pass to outside and switch
-progess to playing a 1-2 to switch with teammate

*Add decision making on movement
-3 players in the middle (only 1 shown)
-3 balls, balls start on the outside
-play ball into middle player, go take his place
-ball is passed to the player ahead but place is taken of player who passed the ball.
-clockwise, counterclockwise, specific feet, different movements in and out.
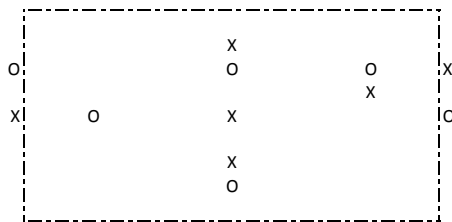-add 2 cm to combine with players as they come through area

I.   6 v 6, with target area in middle (30x40)

*Possession: get a point if you can find a teammate in "target" area
-progress to either find person or if you can get through "target" area
via a paa or dribble

II.   4 v 4, to targets (30x40)

*Possession to targets: Play to team and switch with player
-progress to player who plays ball to target-can't switch (must be a
player off the ball filling in as target)

III.   Small sided game (6v6) to Full Goals   [1/3 field to goal]

COACHING POINTS:

Passing Tech. detail (weight, accruacy-to proper foot, on the ground); if you can't pass--must shield and keep it
Receiving Tech. details (position body to see field, know what is around you, choose surface etc...)
Dribbling Tech. details (change of pace, direction, dif-open field, with pressure, shielding)
Attacking The decision, dribble vs pass (areas of the field; where are the defenders-space in behind; is a pass -- faster than dribble)
                   Role of Principles

COACHING STAFF GOALS: Establish "flow" and then get coaching in
                   Guide players to decisions
                   Allow players to make their own decision -- especially when risking, must promote attackin