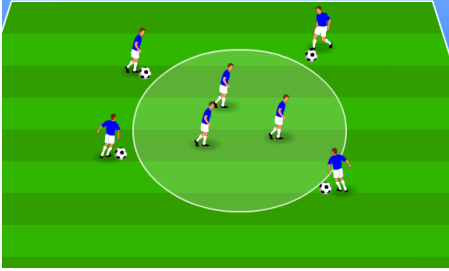
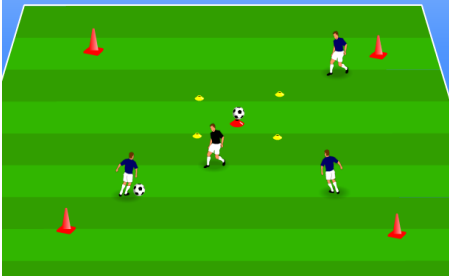



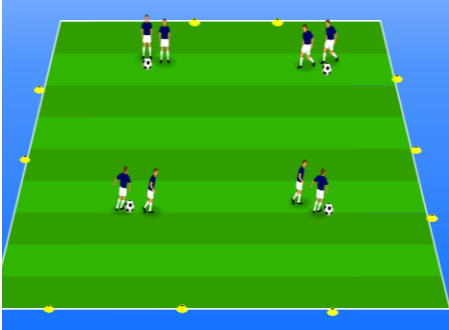
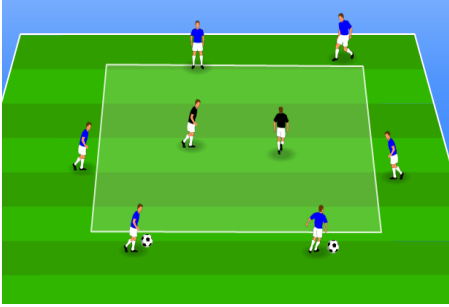
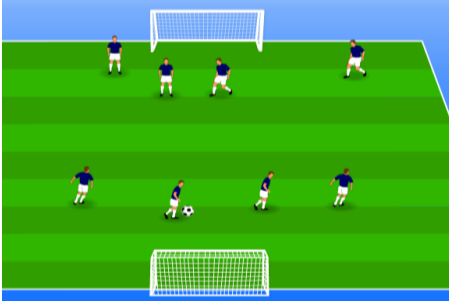


Coaching Staff Practice week 10

<u>Warm Up</u>	<u>Organization</u>	<u>Coaching Points</u>
	<ul style="list-style-type: none"> • Half on outside, half on inside • Exchange passes with players inside and outside • Once exchanged, throw a move • Can lead to volleys from outside 	<ul style="list-style-type: none"> • Communication • Inside of foot • Spatial awareness • Ready to receive a pass
	<ul style="list-style-type: none"> • 3v1 with a small square of cones around a cone with a ball on top • 3 on outside work together to play the ball passed the DF to knock the ball off the cone 	<ul style="list-style-type: none"> • Create angles to move the DF around • Inside of foot • Fakery
	<ul style="list-style-type: none"> • Hot dog scrimmage • 4v4 to 4 goals • Long and thin to create width 	<ul style="list-style-type: none"> • Spread the play • Change the point of attack



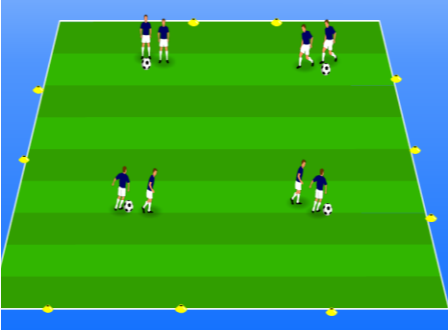

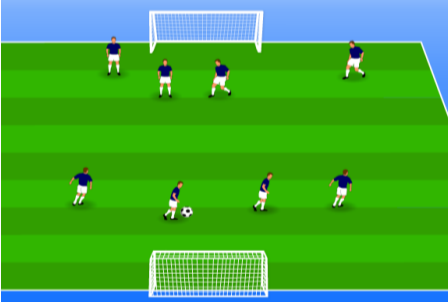
Coaching Staff Practice week 11

<u>Warm Up</u>	<u>Organization</u>	<u>Coaching points</u>
	<ul style="list-style-type: none">• In pairs with 1 ball• Passing and moving• After you pass run around an outside cone• Person still in the square with the ball pull a move	<ul style="list-style-type: none">• Explode out to cone• Is the move done correctly?• Is the pass with the inside of the foot?
<u>Activity</u>	<u>Organization</u>	<u>Coaching points</u>
	<ul style="list-style-type: none">• 6v2 Rondo• Quick passing in a small grid• DF intercepts, switch with person on outside	<ul style="list-style-type: none">• Fakery• Drawing DF in• Quick and easy passes
<u>Scrimmage</u>	<u>Organization</u>	<u>Coaching points</u>
	<ul style="list-style-type: none">• 4v4 scrimmage	<ul style="list-style-type: none">• Fakery• Drawing DF in• Triangles



Coaching Staff Practice week 12



Warm Up	<u>Organization</u>	<u>Coaching Points</u>
	<ul style="list-style-type: none"> • In pairs with 1 ball • Passing and moving • After you pass run around an outside cone • Person still in the square with the ball pull a move 	<ul style="list-style-type: none"> • Explode out to cone • Is the move done correctly? • Is the pass with the inside of the foot?
	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Simultaneous 3v1 keep away • The 3 must try and pass the ball to a player on the outside • That player plays the ball back and the 3 receive a point • Change players on outside 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Change the point of attack • Inside of foot • Offering multiple angles
	<p><u>Organization</u></p> <ul style="list-style-type: none"> • 4v4 Scrimmage 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Fakery • Drawing DF in • Triangles