

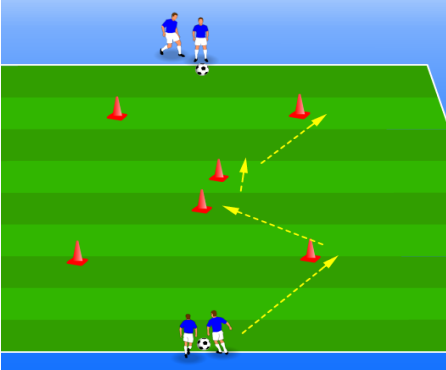

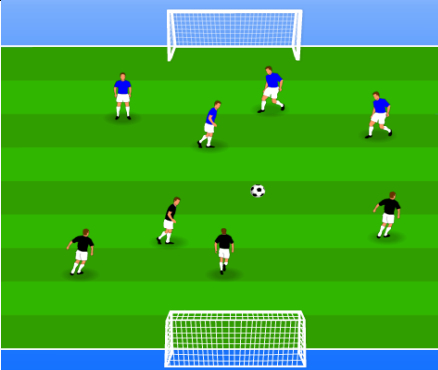


Coaching Staff Practice week 13

Warm Up	Organization	Coaching Points
	<ul style="list-style-type: none"> • 6 cones in 2 diamonds • 2 at each end • Dribbling to cones and perform a move • Perform different moves <ul style="list-style-type: none"> -Inside chop -Outside chop -Cryuff -Maradona 	<ul style="list-style-type: none"> • Are knees bent? • Is the move being done correctly? • Are they dribbling at speed and then slowing down when they get closer to the cone?
	<ul style="list-style-type: none"> • Same organization as above • We introduce passing across the cones • Then we introduce defending and closing down 75% 	<ul style="list-style-type: none"> • Same coaching points as above
	<ul style="list-style-type: none"> • 4v4 • No goalies • No corners • No throw ins • No Coaching 	<p>FREE PLAY</p>



Coaching Staff Practice week 14

Warm Up	Organization	Coaching Points
	<ul style="list-style-type: none"> • Same Warm up as week 13 	<ul style="list-style-type: none"> • As week 13
<p>Activity 1</p> 	<p>Organization</p> <ul style="list-style-type: none"> • 4 on outside as bounce players • 2v2 in the middle with 2 as all-time offence • Score by playing the ball to the outside 	<p>Coaching Points</p> <ul style="list-style-type: none"> • Are they playing the ball to the outside? • Are the bounce players playing it in quickly? • Are they understanding an easier pass? • How is their decision making? • Normal technical CP's
<p>S5G</p> 	<p>Organization</p> <ul style="list-style-type: none"> • 4v4 • No goalies • No corners • No throw ins • No Coaching 	<p>Coaching Points</p> <p>FREE PLAY</p>



Coaching Staff Practice week 15

Warm Up	Organization	Coaching Points
	<ul style="list-style-type: none">• 2 players and a cone• Dribble attack the cone and pull a move	<ul style="list-style-type: none">• Are knees bent?• Is the move being done correctly?• Are they dribbling at speed and then slowing down when they get closer to the cone?
	<ul style="list-style-type: none">• 4 on outside as bounce players• 2v2 in the middle• Score by playing the ball to the outside	<ul style="list-style-type: none">• Are they playing the ball to the outside?• Are the bounce players playing it in quickly?• Are they understanding an easier pass?• How is their decision making?• Normal technical CP's
	<ul style="list-style-type: none">• 4v4• No goalies• No corners• No throw ins• No Coaching	FREE PLAY