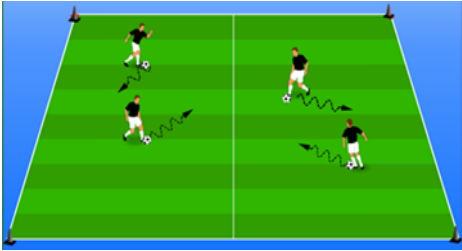
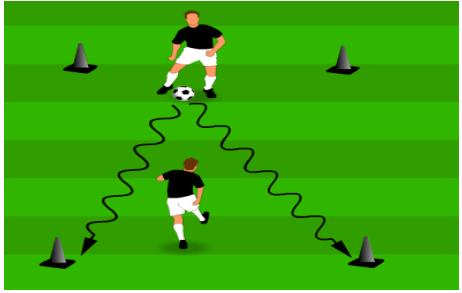
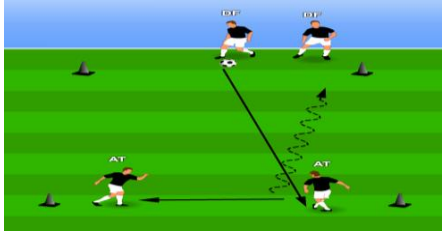




Week 4 Coaching Staff Practice



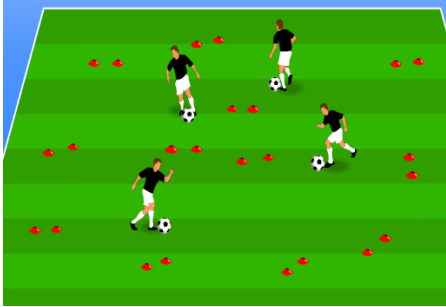
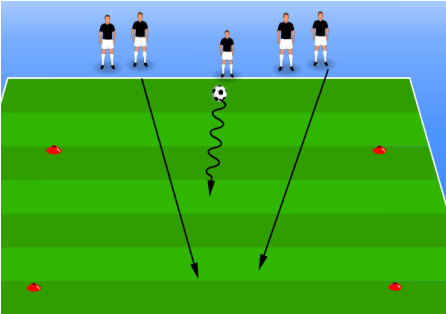
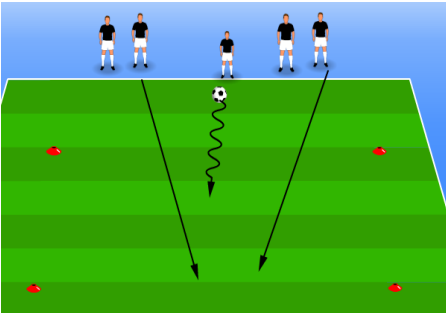
<p>Warm Up</p>  <p><b><u>Non coaching staff led warm up!</u></b></p>	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• Everyone in a square with a ball</li> <li>• 4 cones</li> <li>• Space is determined by the amount of people</li> <li>• As an estimate, the grid for 10 people should be 15x15</li> <li>• Right foot only</li> <li>• Left foot only</li> <li>• Turn</li> <li>• Chops</li> <li>• Foundations</li> <li>• Toe touches</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Ball should be close to feet</li> <li>• Keep head up</li> <li>• Knees bent</li> <li>• Using all parts of foot</li> <li>• Keep head down</li> <li>• Ball runs too far away</li> <li>• Standing upright</li> <li>• Opening body when turning</li> <li>• Chops the ball 90 degrees</li> </ul>
<p>1v1</p> 	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• 4 cones in a small square</li> <li>• Play starts with a pass, other players receives and tries to beat them</li> <li>• AT must go past the defender to a cone to score a goal</li> <li>• After each time DF becomes AT</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Can we use a specific skill to go past the DF'er?</li> <li>• We can introduce shielding the ball. (Not turning our back), (ball on our back foot so the DF'er can easily steal it)</li> <li>• We can introduce being a first DF'er. (with words like MEET, GREET, FEET), (Body position side on, not square)</li> </ul>
<p>2v2</p>  <p><b><u>End with a scrimmage of 3v3 or 4v4</u></b></p>	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• Same as above, elongate the square and now make it 2v2</li> <li>• Play starts with a pass</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Being a 2<sup>nd</sup> AT'er and DF'er</li> <li>• The concept of through balls</li> <li>• Cover and pressure</li> <li>• Give and go</li> <li>• Patience</li> </ul>

In this practice we want to introduce many aspects of soccer, 1v1 individual battles which include how to defend and trying different skills to beat the DF'er. We are also introducing 2v2 which includes aspects of being a 2<sup>nd</sup> DF'er with cover and being a 2<sup>nd</sup> AT'er with making a run for a through ball.



Week 5 Coaching Staff Practice



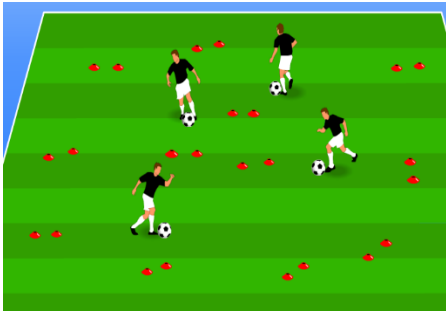

<p>Warm Up</p> 	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• Same organization as box dribble warm up</li> <li>• Now with mini cone goals</li> <li>• Dribble through a goal to score a point</li> <li>• How many in 1min/30sec/15sec</li> <li>• Can you beat your score?</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Ball should be close to feet</li> <li>• Keep head up</li> <li>• Knees bent</li> <li>• Using all parts of foot</li> <li>• Keep head down</li> <li>• Ball runs too far away</li> <li>• Standing upright</li> <li>• Opening body when turning</li> </ul>
<p>1v1</p> 	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• Coach is in the middle with balls</li> <li>• Player are beside the coach</li> <li>• Coach plays the ball in</li> <li>• Players now play a 1v1 to any cone and score by stopping the ball next to it</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Can the player settle the ball after the coach has played it in?</li> <li>• Can they use their creativity and dribble to the closest cone the ball is played into?</li> <li>• If they must beat their player, can they do so with a skill?</li> </ul>
<p>2v2</p>  <p><b><i>End with a scrimmage of 3v3 or 4v4</i></b></p>	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• Same as above now 2v2</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Can the player settle the ball after the coach has played it in?</li> <li>• Can they use their creativity and dribble to the closest cone the ball is played into?</li> <li>• If they must beat their player, can they do so with a skill?</li> </ul>

We are still carrying on the 1v1 and 2v2 ideas, just now adding scenarios where the ball is bouncing or needs to be settled and can they do that without panicking and just kicking it. In transition (the moment we win the ball back from the other team) can they understand the need to have patience and look for the correct cone to attack?



Week 6 Coaching Staff Practice



<p>Warm Up</p> 	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• Same organization as box dribble warm up</li> <li>• Now with mini cone goals</li> <li>• Pass in pairs though a goal to score a point</li> <li>• How many in 1min/30sec/15sec</li> <li>• Can you beat your score?</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Ball should be close to feet</li> <li>• Keep head up</li> <li>• Knees bent</li> <li>• Using all parts of foot</li> <li>• Keep head down</li> <li>• Ball runs too far away</li> <li>• Standing upright</li> <li>• Opening body when turning</li> </ul>
<p>1v1 with goal zones</p> 	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• 1v1 with 1 ball</li> <li>• 5 goal zones</li> <li>• 3 or 4 games going simultaneously</li> <li>• Dribble into the goal zone score a point</li> </ul>	<p>Coaching Points</p> <ul style="list-style-type: none"> <li>• Interference in the play adds to the decision making</li> <li>• Can we beat them with a skill?</li> <li>• Can we keep our head on a swivel so we don't bump into each other?</li> </ul>
<p>2v2 with goal zones</p>  <p><b><i>End with a scrimmage of 3v3 or 4v4</i></b></p>	<p>Organization and progression</p> <ul style="list-style-type: none"> <li>• 2v2 with 1 ball</li> <li>• 5 goal zones</li> <li>• 2 or 3 games going simultaneously</li> <li>• Dribble or pass into the goal zone score a point</li> </ul>	<p>Coaching points</p> <ul style="list-style-type: none"> <li>• Interference in the play adds to the decision making</li> <li>• Can we beat them with a skill?</li> <li>• Can we keep our head on a swivel so we don't bump into each other?</li> <li>• With so much going on in one space, can we realize we must pass the ball closer to score and now just run to the furthest goal zone</li> </ul>

Again keeping with our 1v1/2v2 now we have changed it slightly introducing multiple goals and we want to see how the players interact with those multiple goals. How is their decision making? Do they realize a goal zone is busy and can they then find an empty goal zone? When it's a kick in can we understand a simple option is better than kicking it to a further away goal zone?