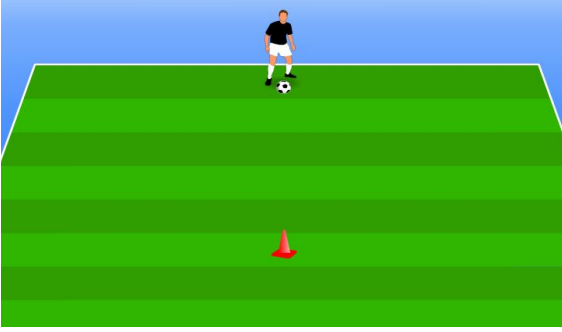

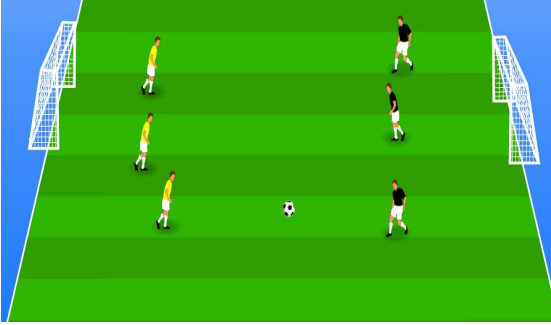


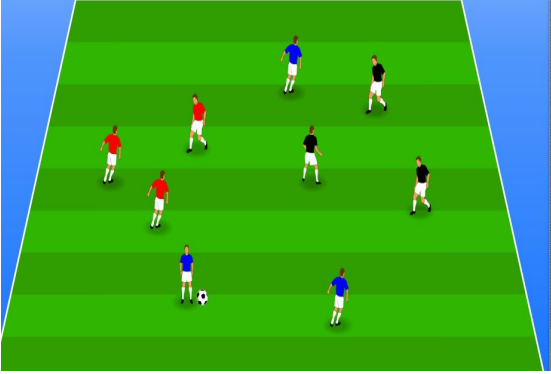
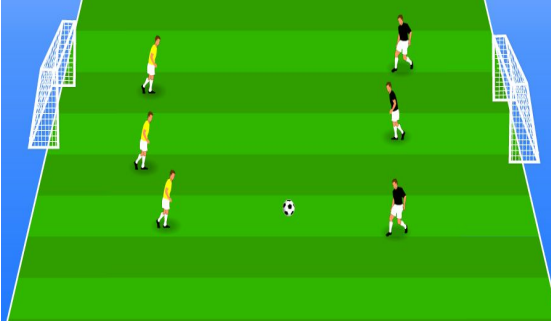


## Coaching Staff Week 7 Practice

Activity 1	Organization	Coaching points
	<ul style="list-style-type: none"> <li>● Player a ball and a cone</li> <li>● Dribble to cone</li> <li>● Turn</li> <li>● Cryuff</li> <li>● Toe touches</li> <li>● Foundation</li> <li>● Scissor</li> <li>● Drop shoulder</li> </ul>	<ul style="list-style-type: none"> <li>● Chance to practice skills</li> <li>● Knees bent</li> </ul>
<b>Activity 2</b> 	<b>Organization</b> <ul style="list-style-type: none"> <li>● 2v2 going to a line</li> <li>● If no dribbling through the cones occur 1 point</li> <li>● Dribbling through the cone 2 points</li> <li>● Dribble through the cone and go to the line 5 points</li> </ul>	<b>Coaching points</b> <ul style="list-style-type: none"> <li>● Encourage dribbling</li> <li>● Knees bent</li> <li>● If a cone goal is unavailable can we pass to the free goal and dribble through and score</li> </ul>
<b>SSG</b> 	<b>Organization</b> <ul style="list-style-type: none"> <li>● 3v3/4v4</li> </ul>	<b>Coaching points</b> <ul style="list-style-type: none"> <li>● Focus on dribbling</li> <li>● Does player dribble into space?</li> <li>● Knees bent</li> <li>● Head up</li> </ul>

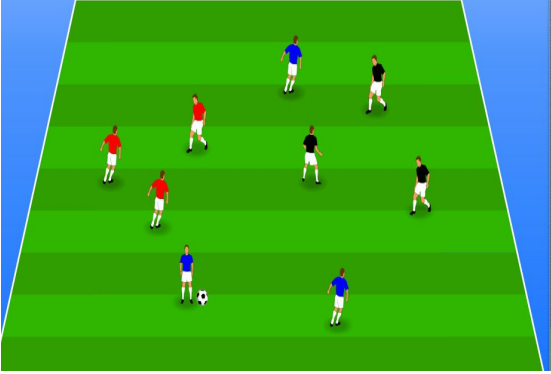
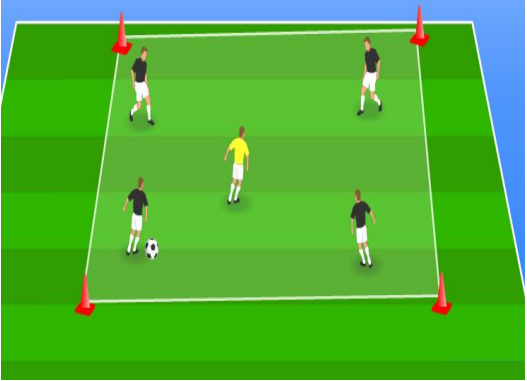
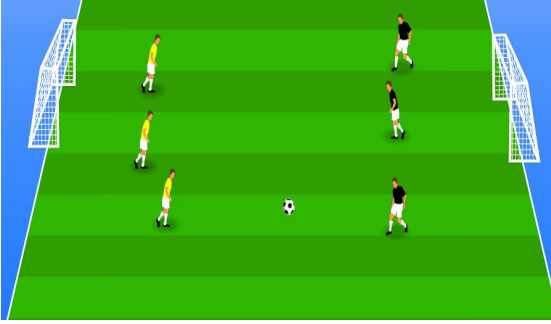


### Coaching Staff Week 8 Practice

Activity 1	Organization	Coaching points
	<ul style="list-style-type: none"> <li>• 3or4 teams with pinnies on</li> <li>• Blue pass to blue and move</li> <li>• <i>Progression – Blue pass to pink, yellow pass to green</i></li> </ul>	<ul style="list-style-type: none"> <li>• Side of foot</li> <li>• Control with foot on floor</li> <li>• Receive with back foot</li> <li>• Move after pass</li> <li>• Is team mate ready to receive</li> <li>• Head on a swivel</li> </ul>
Activity 2	Organization	Coaching points
	<ul style="list-style-type: none"> <li>• 2v1</li> <li>• Defender passes to 2 Attackers</li> <li>• Attackers can either dribble or pass to the cone</li> <li>• Stop the ball on the line score a point</li> </ul>	<ul style="list-style-type: none"> <li>• Defender – Cover or press?</li> <li>• When to tackle?</li> <li>• Attackers – can we use our body to pretend to pass and then dribble?</li> <li>• Can we play a give and go?</li> </ul>
SSG	Organization	Coaching points
	<ul style="list-style-type: none"> <li>• 3v3/4v4</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on passing</li> <li>• Using the side of their foot</li> <li>• Receiving on their back foot</li> <li>• Hips ready to receive</li> </ul>



## Coaching Staff Week 9 Practice

Activity 1	Organization	Coaching points
	<ul style="list-style-type: none"> <li>● 3or4 teams with pinnies on</li> <li>● Blue pass to blue and move</li> <li>● <i>Progression – Blue pass to pink, yellow pass to green</i></li> </ul>	<ul style="list-style-type: none"> <li>● Side of foot</li> <li>● Control with foot on floor</li> <li>● Receive with back foot</li> <li>● Move after pass</li> <li>● Is team mate ready to receive</li> <li>● Head on a swivel</li> </ul>
Activity 2	Organization	Coaching points
	<ul style="list-style-type: none"> <li>● 4v1 Rondo</li> <li>● The 4 keep the ball away from the 1</li> <li>● <i>Progression – build the numbers up 5v1/6v2</i></li> </ul>	<ul style="list-style-type: none"> <li>● What angles are they giving their teammates?</li> <li>● Are their hips facing the correct position?</li> <li>● Where should we move to support the ball?</li> </ul>
SSG	Organization	Coaching points
	<ul style="list-style-type: none"> <li>● 3v3/4v4</li> </ul>	<ul style="list-style-type: none"> <li>● Focus on passing</li> <li>● Using the side of their foot</li> <li>● Receiving on their back foot</li> <li>● Hips ready to receive</li> </ul>