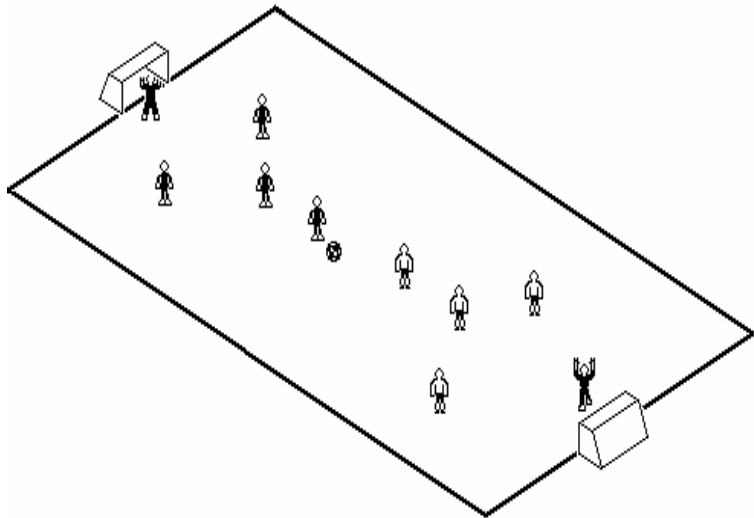


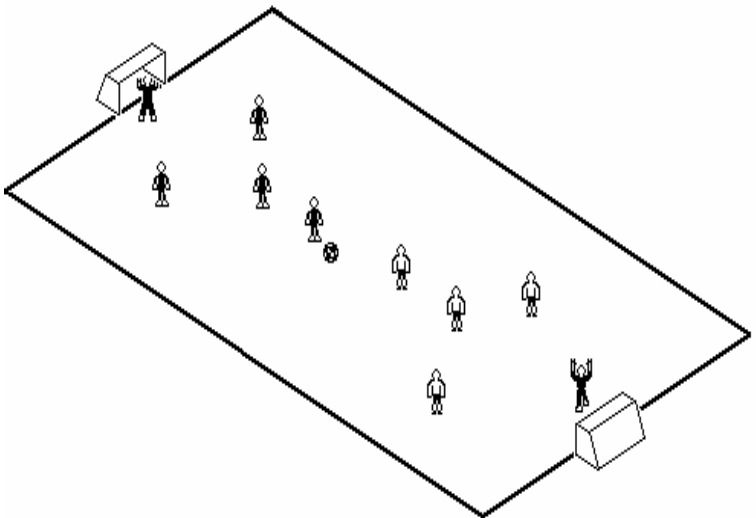


Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Creating space and combining in two's and three's</p>			
<p>Numbers: 3 v 3 + 4 (NEUTRALS) Space: 25/30 x 25/30 yards</p>	<ul style="list-style-type: none"> To score, the attacking team passes to any of the four neutral players and connects to a third teammate with a 1-touch pass. Games are to 5. 		
<p>2 Mobility and Connecting</p>			
<p>Numbers: 3 v 3 + 4 (NEUTRALS) Space: 25/30 x 25/30 yards</p>	<ul style="list-style-type: none"> If the passer receives the ball back from the neutral player, the team maintains possession, but does not score. Neutral players have three touches. If no pass is made after two touches, the ball MUST be passed to one of the other neutral players to keep the ball circulating. 		

3 5 v 5 to goals			
<p>Numbers: 4 field players and a goalkeeper</p> <p>Space: 40/45 x 30/35 yards</p> <p>Organize players 2-1-1</p>	<p>Special Rules:</p> <ol style="list-style-type: none"> 1. Limit touches (3) to reduce dribbling and increase ball circulation 2. Reward two- and then three-player combinations with a point; goals are worth three points. 		<p>If no immediate counter-attack, develop basic spacing ideas:</p> <ul style="list-style-type: none"> • Forward and midfield players push out of the back (GK in possession) • Defenders open to the side of the field • **GK should advance the ball to create a passing lane(s)

4 5 v 5 to goals			
<p>Building up: Build basic connection ideas between 5 players.</p> <ul style="list-style-type: none"> • Midfielder and forward should move in opposition to each other (high-low, left-right) • Midfield player acts like a AMF / #10 in 3-front, playing off striker's movements • Defenders should not be forward together (team should be even numbers in defense) • Central player should not kill passing lanes to the forward • Striker should not stand on sidelines • Midfield player should help build out of the back / change Point Of Attack by showing in central spaces • Defenders should run the ball into space when possible • Turning and finishing from MF and striker encouraged 			



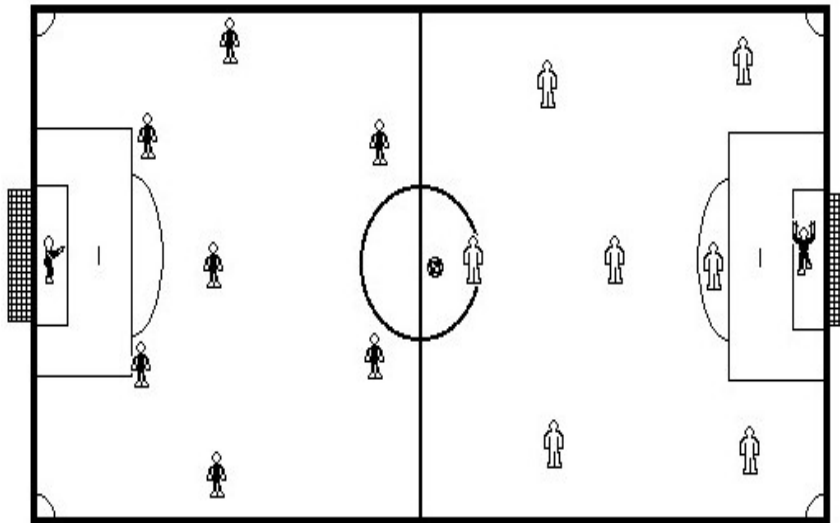
Lesson Plan



5 8 v 8 (not 11 v 11)

Special Rules:

1. Limit touches/unlimited touches
2. No punting
3. No pressing
4. Reward any reasonable combination attempt (successful or otherwise) with points (goals always worth more)
5. Do not pigeonhole what a "combination" is. Any reasonable combining action involving two or more players should count!




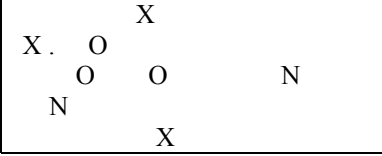
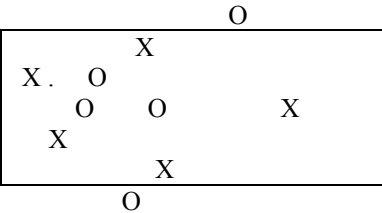
1. As above
2. Develop team shape ideas
3. Develop ideas on rhythm and phases of play

COOL-DOWN

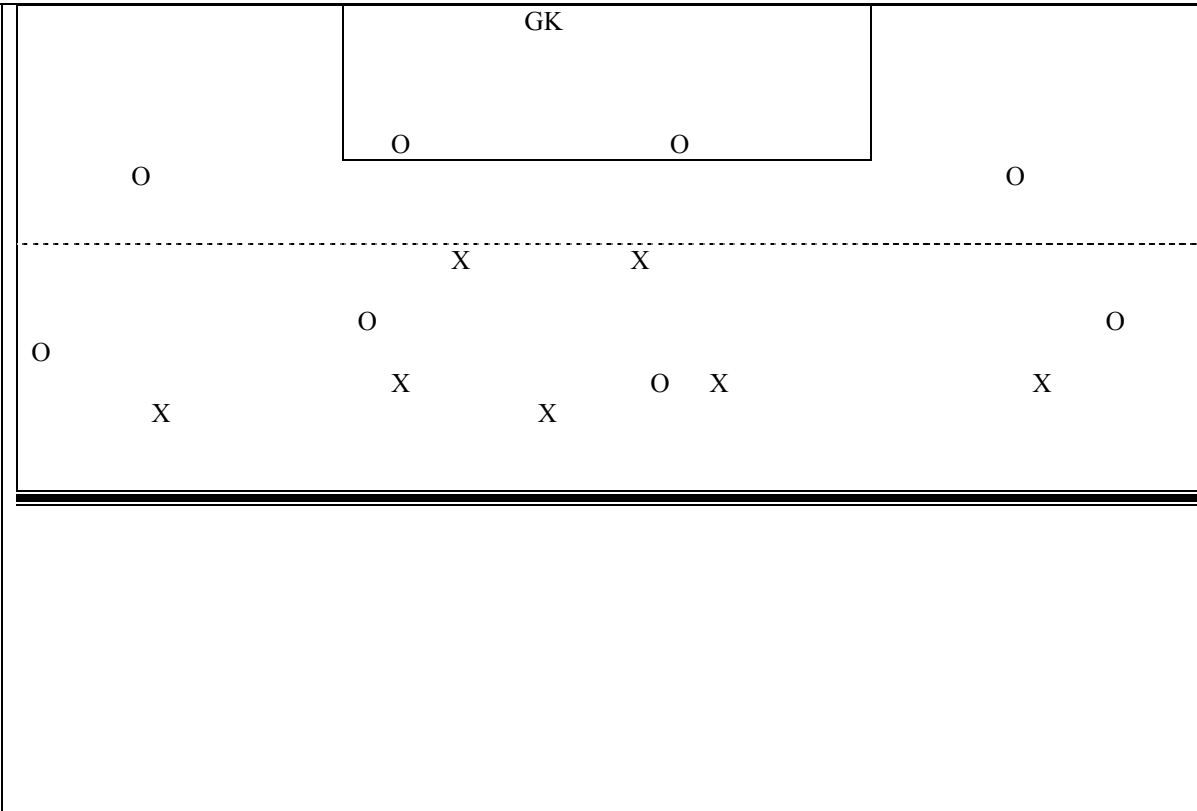


Lesson Plan



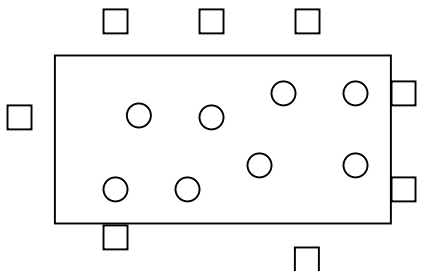
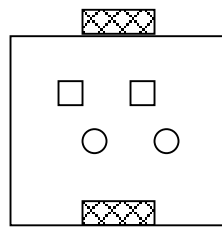
Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-Up			
Juggling	Juggle on the move first individually and then in pairs.		<ul style="list-style-type: none"> • Mental focus • Increase blood flow • Cooperation
2 Activity #2: General Possession			
Numbers 3 v 3 + 2	Space: 35 x 25 yards Scoring: Highest number of consecutive passes Time: 10-15 minutes		
3 or...5 v (3 + 2)			
	Space: 35 x 25 yards Scoring: Highest number of consecutive passes Time: 10-15 minutes		<p>Coaching Points: Patience in attack! Maintain shape and circulate the ball quickly. Change speed of attack when opportunity to penetrate arises. Involve back players in attack, but maintain defensive team balance</p>

4 Activity #4: Playing in two thirds

<p>Special Rules:</p> <ol style="list-style-type: none"> No press zone in back 25 yards (logistical adjustment). Attackers (X) score by dribbling over half-way line. Defenders (O) score in the regular goal. Additional players may be used as targets at half-way for X's: Passing goals vs. dribbling goals. Teammates may be "played" in, but not ahead of the ball (pass leads run to keep space alive). 	<p>Numbers: 4 v 2 in D/3 and 4 v 5 or 4 v 6 in M/3</p>		
---	--	---	--

5 Activity #5: 11v11

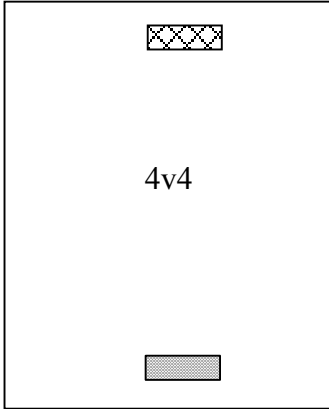

<p>Regulation pitch.</p>	<p>Play by FIFA Laws of the Game</p>		<p>Coaching Points: As above</p>
--------------------------	--------------------------------------	--	----------------------------------

Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Set up a 25-x-35 yard grid	Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside <ul style="list-style-type: none"> Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player Stretch then switch inside/outside players		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force
2. 2v2 HEADING FOR GOAL			
Players organize themselves to Play 2v2 in a 14-x-10 yard grid	<ul style="list-style-type: none"> Players are restricted to their own half Play starts with one person tossing ball up and heading to their partner who must either attempt to score on a header or head the ball back to their teammate who then must either score or pass back... When defense wins ball they score Play to three goals		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force
3. 4v4 TO GOALS			

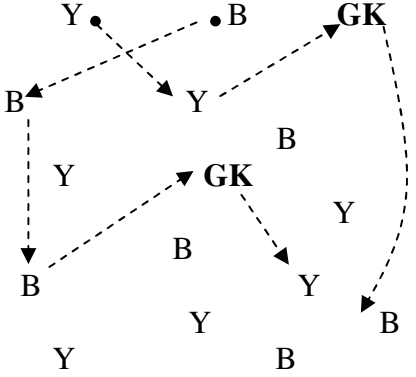
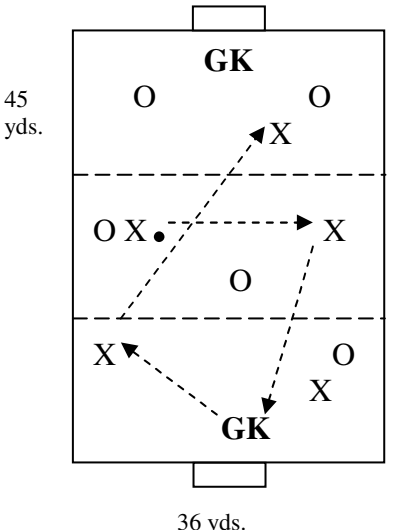


Lesson Plan

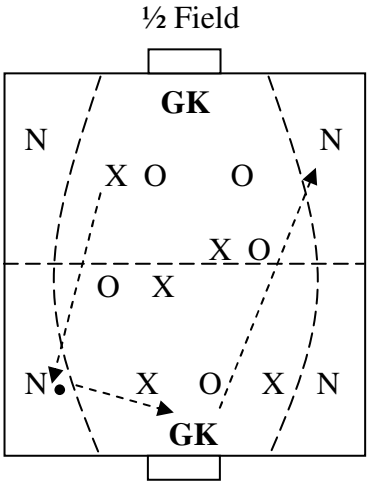
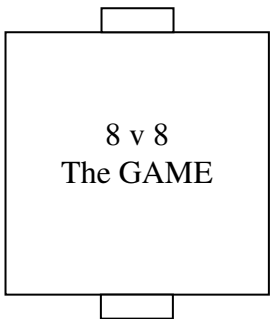


<p>Now the players organize themselves to play 4v4 (no GK) in a 36-x-44 yard area</p>	<ul style="list-style-type: none"> Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball Defenders not allowed in own 6 yard box and cannot disrupt thrown balls, only headed balls <p>First team to five goals wins</p>		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force
<p>4. SCRIMMAGE</p>			
<p>The players organize themselves into two teams of four, including a goalkeeper on each team.</p>	<ul style="list-style-type: none"> 8v8 + GK game No restrictions on players 		<p>Observe to see if players are using correct technique,</p>
<p>5. COOL-DOWN</p>			
<p>Juggle in pairs.</p>	<p>25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.</p>	<p>X . X</p>	<p>Recap the key points of executing finishing</p>

Topic: Incorporating the Goalkeeper Into the Attack

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>7 v 7 + 2 exercise (define area if necessary). Begin with two balls (one ball for each team – Yellow and Blue). Neutral players (goalkeepers) play for team in possession. Stretch.</p>	<ul style="list-style-type: none"> Each team begins with a ball passing and moving. Every 2-4 passes, the team must pass it to one of the goalkeepers, who then distribute the ball (with their feet) to the opposite colored team. Continuous. Goalkeepers should vary service between short and long passes. Eliminate one ball and play “keep-away.” Teams score by linking six passes together. One of the six passes must involve a goalkeeper. 		<ul style="list-style-type: none"> Maintain proper angles of support Vision and awareness away from the ball Proper verbal and visual communication Appropriate technique while receiving and passing the ball Correct and decisive decision making
Match Related I			
<p>5 v 5 with goalkeepers to two large goals (36 x 45 or as needed). Divide field into thirds and organize players accordingly.</p> <p>Add neutral player(s) in the central zone if necessary.</p>	<ul style="list-style-type: none"> Begin by restricting players to their appropriate third of the field (2 v 2 in the attacking and defensive third; and 3 v 3 in the middle third). If the defending team wins the ball in the middle third of the field, they must quickly play the ball back to their goalkeeper before they are allowed to go forward to goal. Award 1 point for scoring during the run of play and 2 points for goals scored beginning with the goalkeeper. 		<ul style="list-style-type: none"> Good starting position in support of the ball Link with the run of play (up, down and side to side) Correct distribution to start the attack Play the ball away from pressure and support the pass Organization of the team in transition to defend or attack

Topic: Incorporating the Goalkeeper Into the Attack

Match Related II			
<p>5 v 5 with 4 neutral players and goalkeepers to two large goals (½ field or as needed). Create two large crossing channels on the flanks and allow, no more than, 1 v 1 in the channels at any time.</p>	<ul style="list-style-type: none"> ▪ Begin with 4 neutral players in the channels, progress to 1 v 1 in the outside channels and 5 v 5 in the middle. ▪ Regular rules apply, however crossing from the outside flanks is encouraged. ▪ Award one point for scoring during the run of play and two points for goals scored off crosses. ▪ Goalkeepers must look to change the point of attack when they win the ball. 		<ul style="list-style-type: none"> ✓ Change the point of attack quickly ✓ Correct decision to play to feet or space ✓ Receive the ball and play away from pressure ✓ Appropriate decision to control the ball or clear the ball first-time ✓ Communication and organization at all times
Match Condition			
<p>7 v 7 with goalkeepers to two large goals (½ field or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 1:2:3:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session