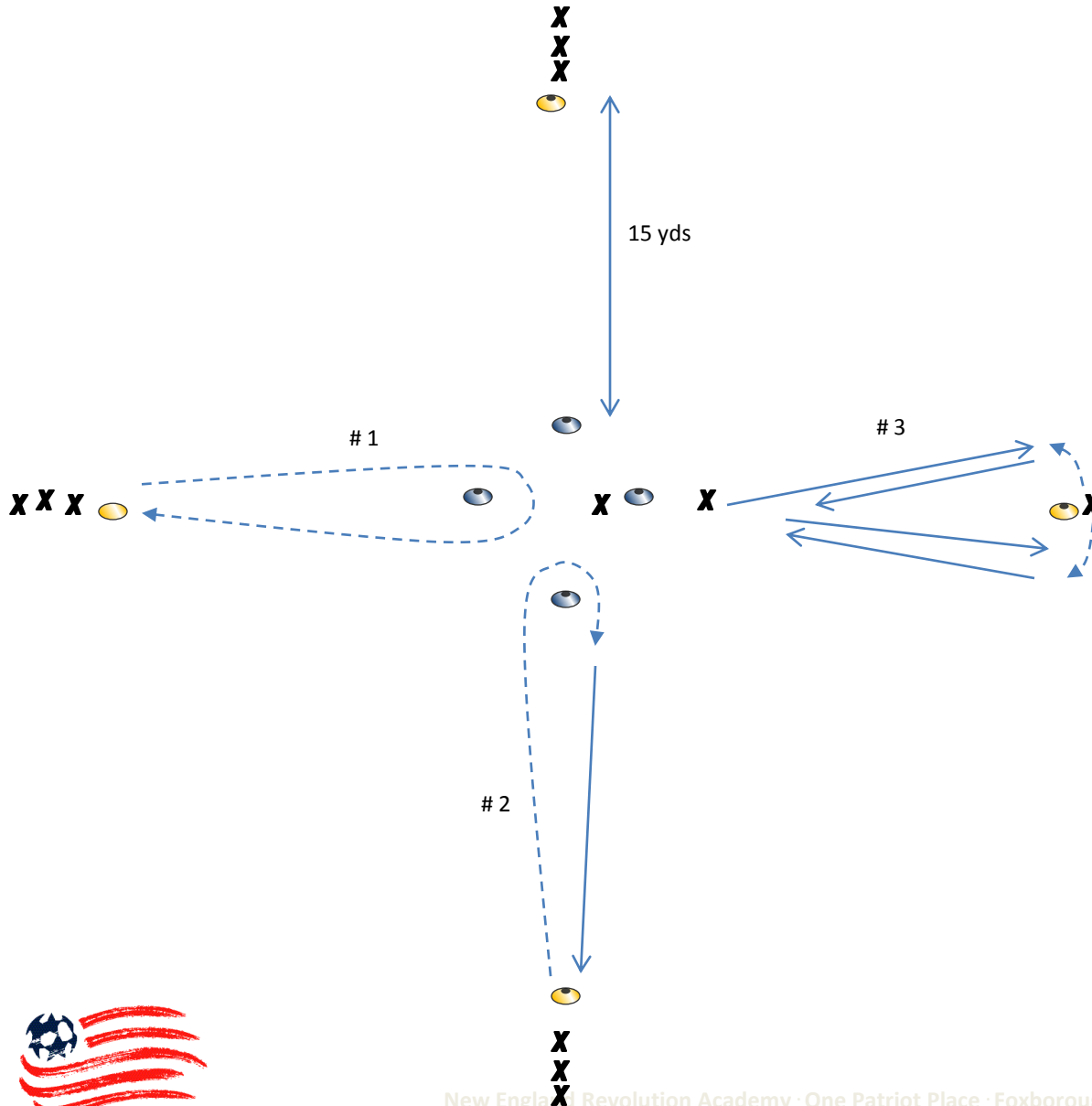


Phase # 1	<i>Dynamic w/ dribbling & Passing</i>	Technical	Dribbling & Passing	Tactical	-----
Objective	<i>Warm up and quick touches on ball</i>	Physical	Dynamic Stretching	Psychological	Concentration



Organization

Players in groups of 4-5 behind yellow cone
1 ball per group

Dynamic (#1)

Players perform dynamic movements into blue cone and back to yellow cone without ball

Dribbling (#2)

Players dribble into blue cone, perform inside or outside cut around blue cone and play pass in to next player in line. Use of both feet should be encouraged

CP

- Tight control of ball - Sharp turning angle
- Quick pass into next player
- Receiving player takes a positive 1st touch

Quick Passing (# 3)

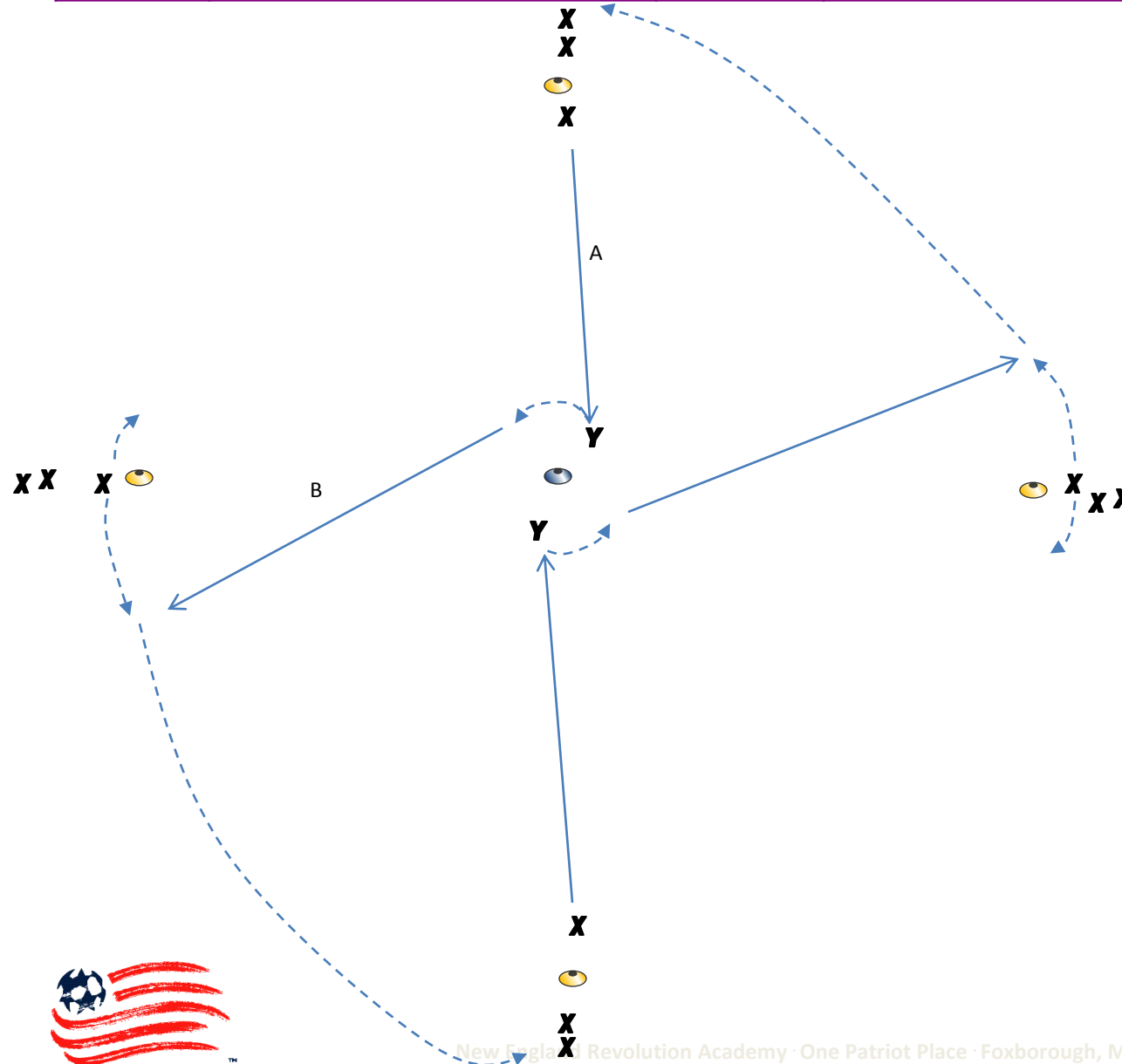
Players now start with ball in front of blue cone and play a double / double / set and switch place

CP

- Self preparation - Weight of pass
- Quick movement after pass
- Quality of set



Phase # 2	Combination Play	Technical	Receiving & Passing	Tactical	Combination Play
Objective	Improve short passing & combinations	Physical	Reaction	Psychological	Cooperation



Organization

Two players start back to back at blue cone (Y)

1 Receive and Play (as shown)

X at front of line passes (A) into central player who uses inside cut to turn corner and then play lead pass (B) into wide player. Wide player to check inside as Y is receiving ball before showing for lead pass. X replaces to receive from center, Y joins back of line out wide, X dribbles to back of line. Opposite side of grid starts at the same time

CP

- Quality of 1st touch from Y
- Speed from 1st touch to pass from Y
- Timing of movement from X
- Weight and direction of lead pass

2 Receive and Double Pass (not shown)

Same as above but now Y receives ball and plays a give and go with X in wide area who shows inside.

CP

- Give and go one touch
- Angle and distance of support from Y

3 Pass, Set, Give and Go (not shown)

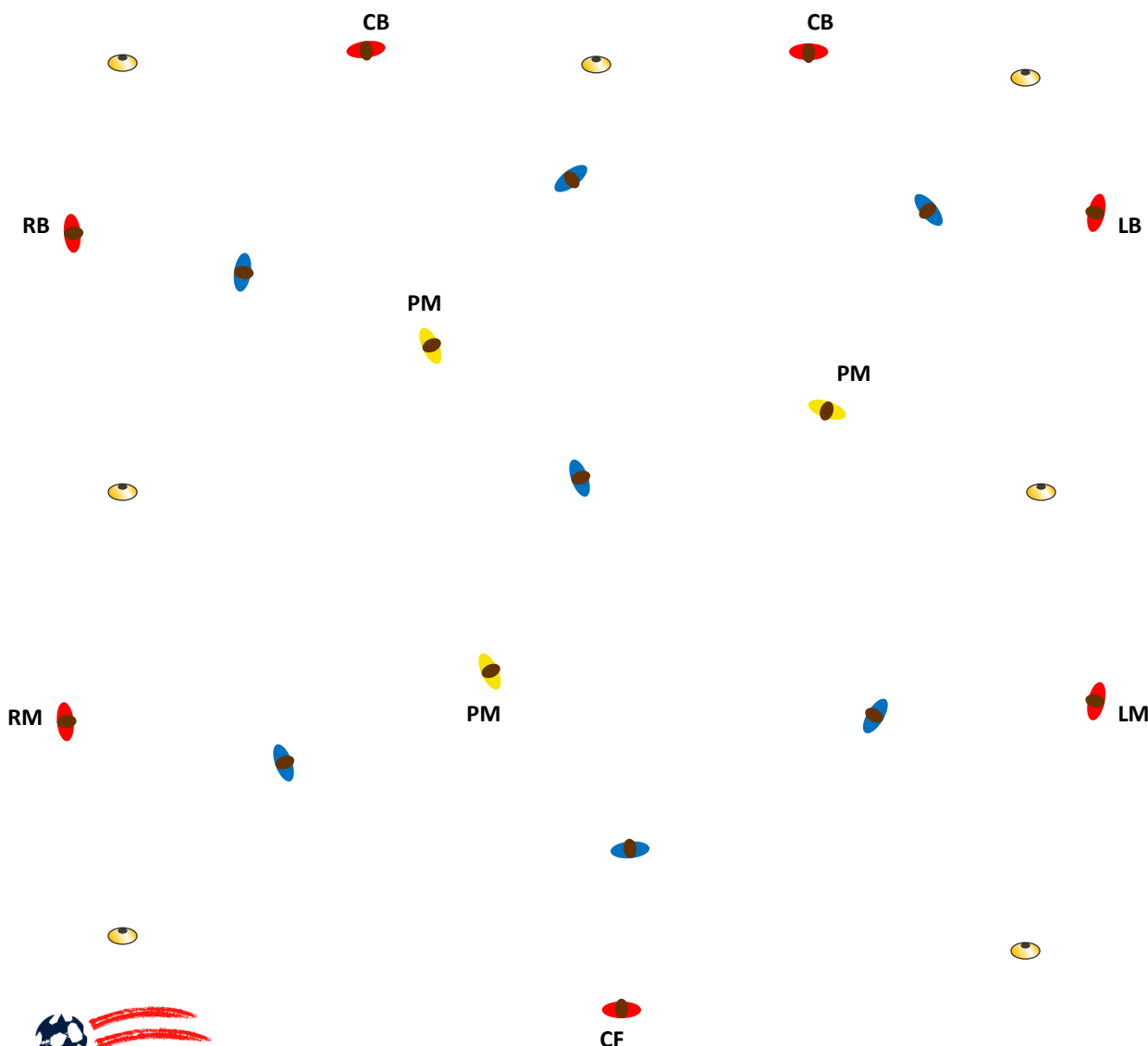
Same as above but now Y sets ball back to X who passes into X in wide area. Y supports to play give and go with X in wide area who shows inside.

CP

- Quality of set
- Quick support of long pass
- Communication



Phase # 3	<i>7v7 + 3 Possession w/ Transition</i>	Technical	Passing & Receiving	Tactical	Positioning
Objective	<i>Possess ball and transition when ball turns over</i>	Physical	Transition Speed	Psychological	Concentration



Organization

40x30 Grid

Seven Players out side grid organized by position with three Playmakers (PM) in the center. Seven players defending

1 Possession

Team of Seven on outside combine with PM's to possess the ball. When defending team wins ball, coach plays new ball into PM to continue. Switch group from outside to inside after five new balls from coach to put a premium on keeping ball and for defending team to win ball quickly. Time each group.

CP

- PM to check behind (over shoulder) at all times
- Move ball in one or two touch
- Take players out of game with passes

2 Possession w/ Transition

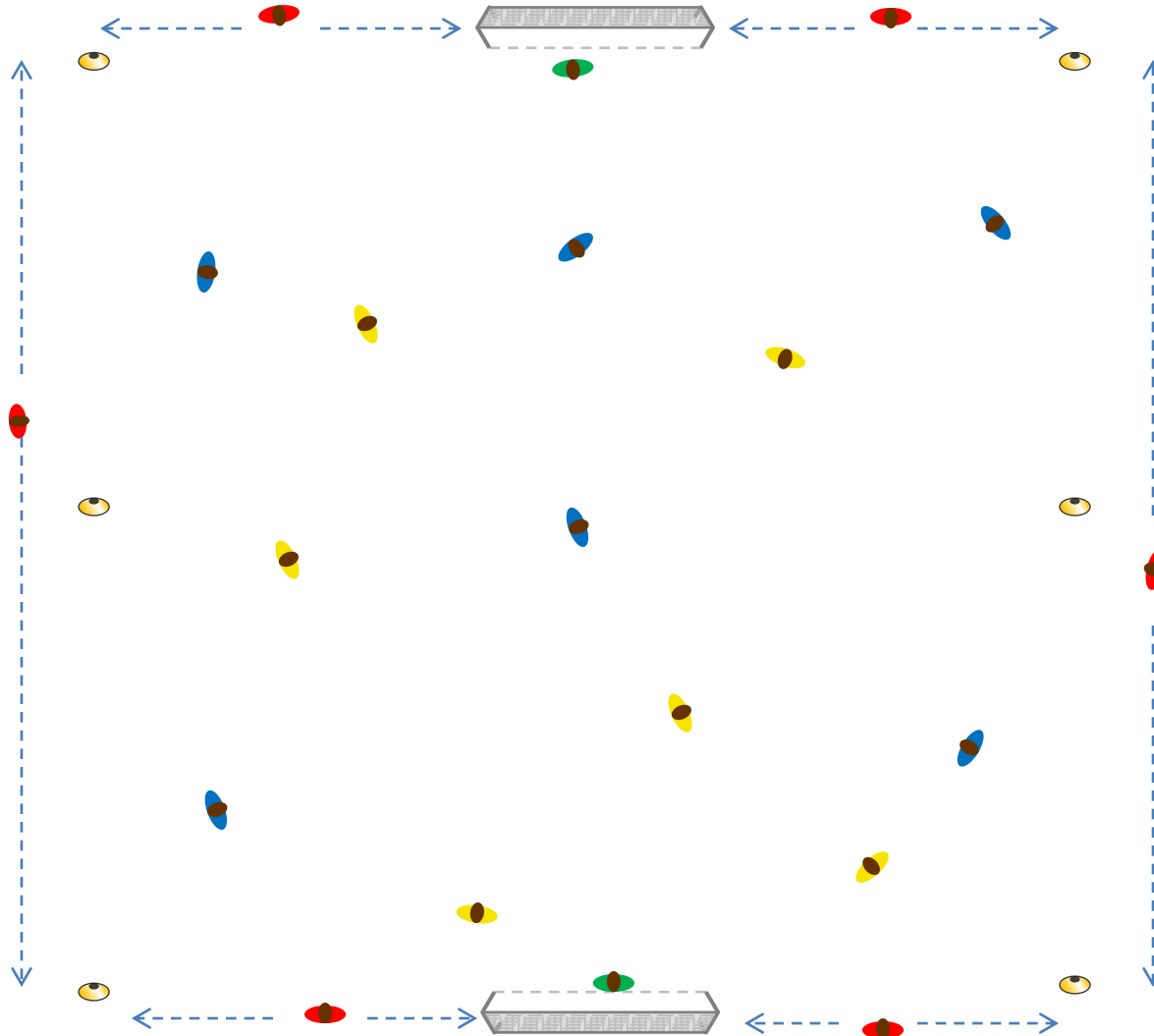
Same as above but when team from outside lose the ball they must quickly enter the grid to win ball back. The team that wins ball back quickly takes up same spot on outside of grid.

CP

- PM to keep ball in transition
- Quickly win ball back when it turns over
- Make field big quickly when winning ball
- Communication



Phase # 4	<i>6 v 6 with Targets to Goal</i>	Technical	Passing & Finishing	Tactical	Attacking support
Objective	<i>Improve forward runs and finishing</i>	Physical	Aggressive Forward runs	Psychological	Compete



Organization

45x35 Field to two goals
 Split group into three teams in different colored training bibs
 Goalkeepers to play in each goal

6v6 + 6 to Goal

Team in possession combine with neutrals on the outside to play in to one of four targets either side of each goal. A goal can only be scored directly from a pass back from target. When a team scores two goals they get ball from keeper and quickly attack opposite goal while team on outside (Red as shown) quickly replace losing team and defend. Targets and neutrals play one touch.

CP

- Move ball quickly taking players out of game with forward passes
- Find targets early
- Aggressive runs off ball when ball is played into target

Progression

After scoring one goal, team gets ball from keeper they have scored on and now attack opposite goal

