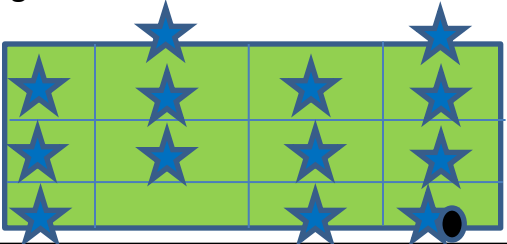
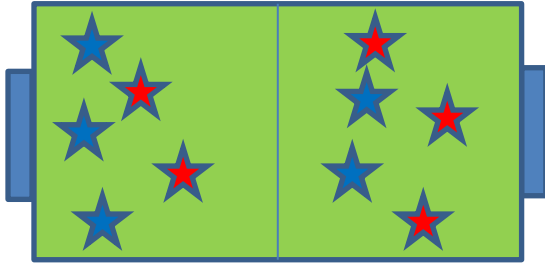
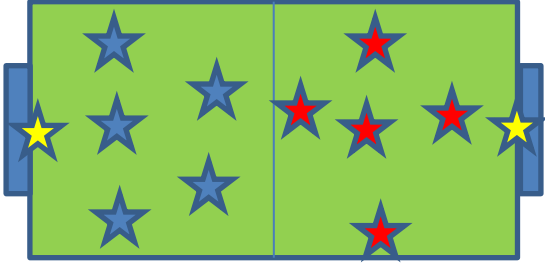


Warm Up. Set up a grid 20 x 30 Yards divided into 12 grids of 5 x 10 yards. Place a player in each grid without a ball. Player 1 passes to player 2 who receives and turns and passes to player 3 continue the sequence until all players have received and turned	Diagram 	Key Coaching Points How do you approach the ball? Where are your eyes looking? How do you want to receive the ball? Which part of the body did you choose? Which part of the ball did you touch 1st? What type of turn did you use?
Small Sided Activity In a 15x20 grid . Play 1v1 inside the grid with a target/defender at each end. Player on the inside of the grid scores by either passing to the target or dribbling past the defender on the end-line.		What body shape works best? How can you turn? Which body part should you choose? Where does your 1st touch take you? Where are you going? Where did you come from?
Expanded Small Sided Game In a 40 x 50 field with a halfway line play 5v5 with 3 defenders in one half and 2 attackers in the other half. The defenders cannot go over the halfway line without either completing or receiving a pass to the attackers		Where are the defenders? What does that tell you? How can you turn? How can you get away from the defender? What position is your body in? What else could you do there? What if you cannot turn?
6 v 6 Game to 2 Big Goals In a full field play 6 v 6		How can you see the whole field? Where do you want to go? Why do you want to go there? How do you get there? Which part of the body did you use? Which part of the ball did you touch first?