



Technical Warm up	Organization	Key coaching pts.
	<p>In a grid : All players with a ball Dribble and go about the grid</p> <p>Play: paint brush, red, yellow and green light</p>	<p>While dribbling around teach them: to stop the ball with the sole & other moves Play bandits or bugs</p>
Activity 2	Organization	Key coaching pts.
	<p>In a grid : In two's players will pass -1 yard passing - 2 pass and move In groups of 4, # passing</p>	<p>Players will pass -Rec. with the proper surface -Strike the ball with the proper surface 1.- Pass & Rec.- L-R/ R-L 2.- Pass & Rec. on the move</p>
Activity 2 - B	Organization	Key coaching pts.
	<p>Combat: In a big grid the coach will set up two teams in lines: 1v1, 2v2 -Coach will throw the ball and players will get it back to him -Players in line no more than 3 per line</p>	<p>Players will play : Dont say anything. Ball is CUE</p> <p>-1v1, 2v2 or 3v3 in a big grid They will use dribbling or kicking to give the ball to coach</p>
Activity 3	Organization	Key coaching pts.
	<p>Get out of here: 1v1 & 2v2 Game Play to end-lines or to goals</p>	<p>Stay focus Quick restarts Quick transitions Dribbling and defending Kicking</p>
	<p>2v2, 3v3 Corner game: Up to four players in a each Corner Coach will kick ball into play When ball is out all players go off the grid to start again</p>	<p>Playing together 2v2, 3v3 dribbling and defending Kicking Learning to work together</p>
Activity 4	Organization	
FOUR GOAL GAME	In a grid of 40 x 35	All of the above & SPOA
Game:	Two games going at the same time. Play two games	