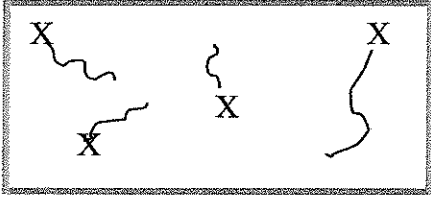
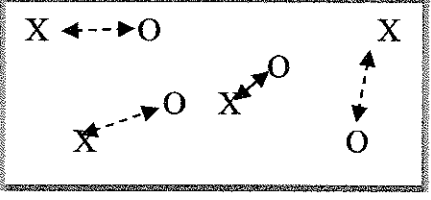
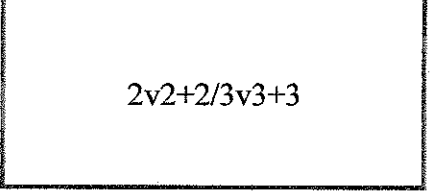
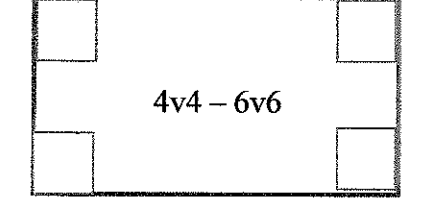
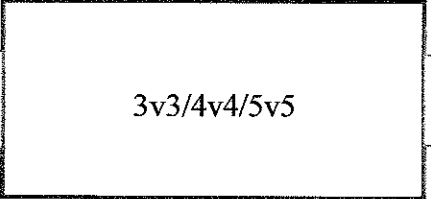




| Warm Up   | Organization   | Key coaching pts.   |
|---|--|---|
|    | <p><b>In a grid :</b><br/>           All players with a ball<br/>           Dribble and go about the grid<br/>           Play: paint brush, red, yellow and green light</p>                                  | <p>While dribbling around teach them:<br/>           to stop the ball with the sole &amp; other moves<br/>           Play bandits or bugs</p>   |
| <p>Activity 2</p>   | <p>Organization</p>  | <p>Key coaching pts.</p>  |
|    | <p><b>In a grid :</b><br/>           In two's players will pass<br/>           -1 yard passing<br/>           - Color Passing<br/>           Red to blue, blue to gold, gold to red</p>                      | <p>Players will pass<br/>           -Rec. with the proper surface<br/>           -Strike the ball with the proper surface<br/>           1.- Pass &amp; Rec.- L-R/ R-L<br/>           2.- Pass &amp; Rec. on the move</p> |
| <p>Activity 3</p>   | <p>Organization</p>  | <p>Key coaching pts.</p>  |
|   | <p>2v2+2 / 3v3+ 3keep away</p>   | <p>Passing, Receiving and moving<br/>           Transition<br/>           Defending/Pressure</p>  |
| <p>Activity 4</p>   | <p>Organization</p>  | <p>Key coaching pts.</p>  |
|  | <p>Four Square passing:<br/>           Two teams will score points when they pass into the square to a team mate running in.<br/>           Players in the square can't be Defended. Allow then to start</p> | <p>Passing and receiving<br/>           Communication<br/>           Defending</p>  |
| <p>Activity 5</p>   | <p>Organization</p>  | <p>Key coaching pts.</p>  |
|  | <p>Bread and Butter:<br/>           Three or four teams + Gks<br/>           Two teams are playing, when one scores one team get out and other comes in quickly</p>  | <p>All of the above<br/>           Shooting and finishing</p>   |
| <p>Game</p>   | <p>Possible two games of 4v4 or one game of 6v6/7v7+ Gks</p>   |   |