
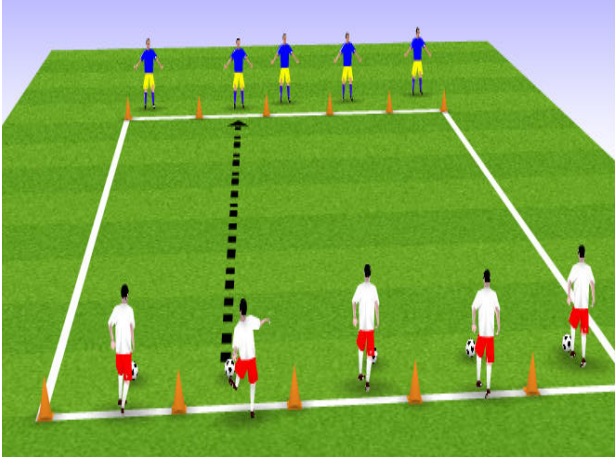



Exercise/Notes	Description	Diagram	Coaching Points
<p>Monster Tag 10 Minutes</p> <p>Every player w/ ball</p> <p>Coaches = monsters</p> <p>25yd X 25yd grid w/ a small coned "jail"</p>	<p>Game used to practice the Pull Turn and Pull Push taught last week. The coaches (monsters) should warn the players to do the Pull Turn or the Pull Push, before they are tagged and sent to jail. This exercise is great practice, but also provides pressure to see if they can do it with a coach right next to them. Give players 2 minutes to practice the turns before the game starts and the monsters come out. Players sent to jail perform 20 toe touches then return. Play 3 Rounds: Pull turn only, Pull push only, monster yells the turn the player must do</p>		<p>Walk thru turns to understand the movement</p> <p>If helpful, perform the turns with an imaginary ball – shadow the move</p> <p>Accelerate away after performing the turn</p>
<p>Passing Progression 15 Minutes</p> <p>Players in pairs, one ball per pair</p> <p>Pairs spread 10 yds</p>	<p>Spend 2.5 minutes on each combination – 60 seconds of "warm-up practice," a 20 second break, and then 60 seconds of "competition" where each pair tries to see how many passes they can make</p> <p>4 Combinations: 1. 2 touches (stress controlling the ball) 2. Expand the distance between the pairs 3. 1 touch passing, shrink the distance 4. Pass and move around the space, try to complete a pass in every part of area</p> <p>4 KEY POINTS OF PASSING</p> <ul style="list-style-type: none"> + 90% of all passes should be with the inside of the foot + Plant foot goes next to the ball a hands width away + Plant foot points towards the target + Swing and follow thru the ball like a GOLF CLUB 		<p>WHAT A GOOD PASS LOOKS LIKE</p> <p>Firm – able to reach teammate quickly. Passes that are too slow and leave the receiver under pressure</p> <p>On the ground – the ball should roll, hard to control bouncing passes</p> <p>Right to the intended target – try to make the pass so accurate that the partner doesn't need to move to receive it</p>
<p>Space Invaders 10 Minutes</p> <p>Players pair up (groups of 2), hold hands</p> <p>Coaches are the space invaders – 1 ball for every 2 space invaders</p>	<p>Space Invaders (Coaches) try to kick the ball and hit a pair of players who are holding hands (must hit below the knee)</p> <p>Once a pair has been hit they join the space invaders</p> <p>The last pair to be hit is the winner</p> <p>Play again – let the winning pair start the next game as the space invaders</p>		<p>Keep your head up so you can see the space invaders</p> <p>Space invaders – keep ball close when dribbling</p> <p>Space invaders – inside foot passes to hit the pairs, must keep pass on group (rolling, firm, accurate)</p>