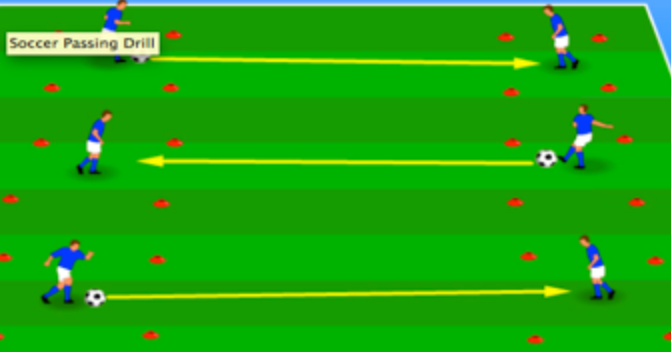




WEEK 2 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Passing Tournament</p> <p>Players in groups of 2</p> <p>1 ball per pair</p> <p>3x3yd grids that are 12 yards apart</p>	<p>Player A passes the ball on the ground into Player B's grid. Player B has one touch to control the ball and one touch to pass the ball back into Player A's grid.</p> <p>If a pass fails to go into the partner's grid, the player that was to receive the ball gets a point. If the receiver fails to control the ball within the grid, the passer gets a point. If both the pass and the control touch are within the grids, no points are given and the game continues.</p> <p>Passes must be on the ground. Play 2 minute games, and then have players switch opponents.</p>		<ul style="list-style-type: none"> +First touch and pass should be with the inside of the foot +Passes should be firm, rolling, and accurate +When waiting to receive the ball, take baby steps to keep body alert and ready
<p>Square Battle</p> <p>Two teams, all balls w/coach</p> <p>2 small squares inside a 25ydX25yd grid</p>	<p>Two teams are lined up on opposite sides of the coach. Each team has their own square. The coach throws a ball into the grid, and two players from each team (2v2) try to get the ball and stop it in their square.</p> <p>The team in possession can dribble into their square, or pass to their teammate who receives it inside their square. The team not in possession can't defend inside the opponent's square. The coach will play 10 total balls, the team to stop the most balls inside their square wins</p>		<ul style="list-style-type: none"> +Defense: 1st defender provides PRESSURE and 2nd defender provides COVER +Communicate on defense +Attacker off the ball needs to make runs to open spaces
<p>End Line Soccer</p> <p>2 groups of 4 (can be groups of 5 if needed)</p> <p>40ydsX40yds depending on group size</p>	<ul style="list-style-type: none"> • Two teams play a directional game of possession • Points are scored when a player is able to dribble across the opponent's endline under control • Each team is defending a particular endline and attacking the opposite endline • Points can only be scored by dribbling across the endline (not receiving a pass) • Kick-ins from out of bounds <p><u>Progression:</u> 1. You can also score points by getting 5 consecutive passes – this will prevent teams from sitting back and just guarding their endline 2. Add neutral players</p>		<ul style="list-style-type: none"> + Attack open space + Defend collectively + Keep the field spread out so "dribbling gaps" open up