
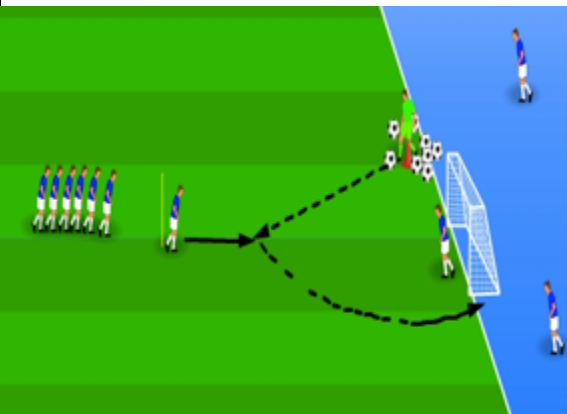
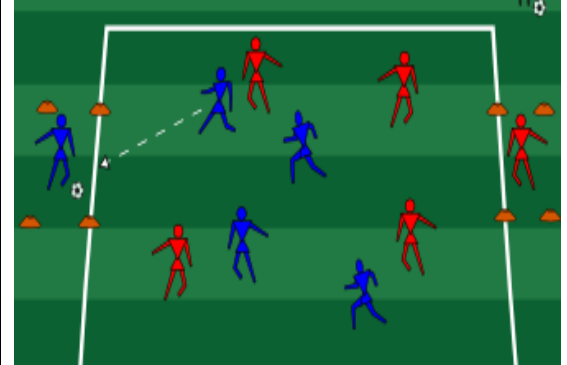


WEEK 5 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Follow The Leader</p> <p>Every player with a ball in groups of 2</p> <p>Use a defined space, that is not too large for your group size</p>	<ul style="list-style-type: none"> Label the players A and B Player A dribbles and tries to lose Player B. Go for about 30 seconds Switch roles, player B leads now <p>Progression: 1 Insides only (alt. R/L) 2 Insides only backwards (alt. R/L) 3 Sole only/toe touches 4 R foot only 5 L foot only 6 Insides only (not alt.) 7 Outsides only 8 Sole Rolls/Walk-The-Dog Drags 9 Speed Dribble</p> <p>Exercises 1-3 are meant to be done slowly, Exercises 4-9 can be a race where the leader tries to lose the follower. For exercises 4-9 when the coach yells "Stop!" if the follower is more than 5 yards from the leader they have 5 jumping jacks</p>		<p>+Don't kick and chase the ball, have the ball under control at all times</p> <p>+When using a surface that is difficult (i.e. your left foot or sole), use the front portions of your foot that have extra sensitivity</p>
<p>Two Touch Baseball</p> <p>All balls next to the post in a pile w/ the coach – Players divided in ½ (one team up shooting & the other team behind goal)</p> <p>Cone 15 yards from goal</p>	<p>-Shooting team players form a line 15+ yards away from the goal</p> <p>-Outfield team players spread out behind the goal</p> <p>-Ball is passed firmly from the coach to 1st player in the shooting line</p> <p>-Player #1 must control the pass on their 1st touch and shoot on their 2nd touch. If their 1st touch is poor (more than 3 yards away) any goal will not count</p> <p>-After the player shoots they go to the back of their shooting line</p> <p>-If any player in the shooting line hits the ball over the goal and it is caught in the air by the team behind the goal, the two teams switch positions (outfielders now shooting, shooters now behind the goal)</p> <p>3 goals = 1 run (you keep your runs, but not your goals) i.e. you must get 3 goals to keep the run thru the inning, if a team gets 5 goals (1 run and 2 more goals) and then hit it over, they would only keep their 1 run but the two goals get wiped away.</p>		<p>+ Shoot the ball low</p> <p>+ Accelerate before you shoot, plant foot next to the ball</p> <p>+ Laces = power and inside = accuracy (know the correct surface)</p> <p>+ Players behind the goal spread out to cover as much ground as possible</p>
<p>Target Player</p> <p>40ydsX40yds grid</p> <p>Two 10ydsX10yds target grids</p>	<p>Two teams are inside the main grid (3vs3 or 4vs4). Each team has a player in a different grid alone (this is the target player). The teams in the main grid play a possession game, a point is scored when a team is able to pass the ball to their target player and that target player is able to control the ball in their grid.</p> <p>Progression: In addition to getting a point by passing the ball to the target player, you can also get a point by completing 7 passes in a row</p>		<p>+ Possession team needs to spread out, over hit passes, move to supporting angles</p> <p>+ Defensive team need to cut off the angles of passes to the target player (stay compact)</p>