

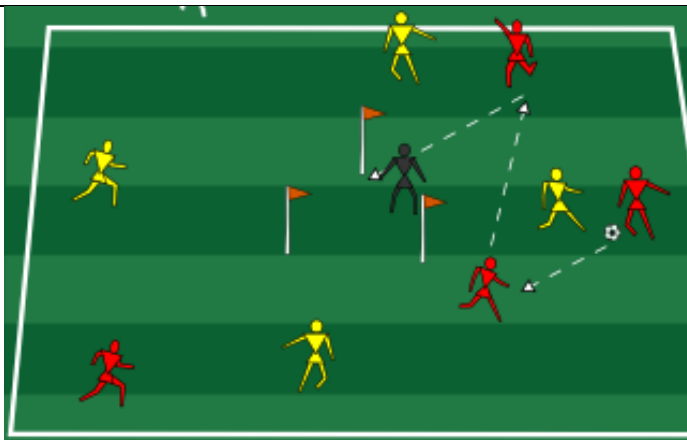


WEEK 8 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Dribble – Pass - Take-On</p> <p>The lines set-up 30 yards from goal</p> <p>Goalie in net</p> <p>Lines of equal amounts of players</p>	<p>-Players are divided into three equal lines</p> <p>SEQUENCE AS FOLLOWS: 1. Player in line 1 dribbles and shoots near box 2. After the player in line 1 shoots, they become the give-and-go passer, laying off the ball for the player in line 2 who shoots off the pass 3. After the player in line 2 shoots, they become a defender for a player in line 3, who attempts to dribble by them and score a goal</p> <p>PLAYERS DO NOT ROTATE LINES, THEY RETURN TO THEIR ORIGINAL LINE. COACH ROTATES THE LINES AFTER A FEW MINUTES</p>		<p>Get the timing of when the players in the lines go, so that it moves efficiently</p> <p>Work on shooting mechanics: Insides for placement, laces for accuracy, lean forward, attack the ball, bigger back swings, head down prior to shooting</p>
<p>2v2 To Goal Quick</p> <p>Roughly 25x40 yard space</p> <p>Players divided into two teams, and every player on each team has a specific partner</p>	<p>Game is played 2v2 to small goals (use cones if you do not have small goals). The players that are not playing on the field are standing behind the end line with balls. When a team is scored on, those two players step off and two new players from that same team come on the field immediately with a ball on the attack. The team that scored stays on the field playing (now defending the new attacking team) until they are scored on. Players only switch out when their team is scored on.</p> <p>For example if red scores on yellow, two new yellow players with 1 ball come on the attack. Those two red players that scored, stay on the field but are now defending the new attack. First collective team to get 20 goals wins!</p>		<p>When starting an attack go with speed and try to catch the now defending team in transition</p> <p>When playing 2v2 on attack, look to use a give and go to get behind the other team</p> <p>On defense work on the pressure/cover strategy</p>
<p>Triangle Goal</p> <p>Create a triangle with the corner flags that is 6ydsx6ydsx6yds</p> <p>One goalie</p> <p>Two teams (4v4 or 5v5)</p> <p>Field is half a game field</p>	<p>- Place the corner flags in a triangle in the center of the field – the triangle is a 3 sided goal</p> <p>- Teams play a regular game but they can score a goal in any of the three sides of the triangle (shot must be below the flag height). Goalie defends all 3 sides of the goal</p> <p>- If a players scores a goal the game continues, they can score multiple goals on the same possession. If the goalie saves the ball, they distribute it far away to the team that didn't just shoot it</p> <p>- Can play a timed game, or a game to specific score</p>		<p>+ Team in possession should attempt to move the ball quickly to an unguarded side of the triangle goal</p> <p>Team on defense should stay compact and protect the area around the triangle, rather than get spread out chasing the ball around the field</p>