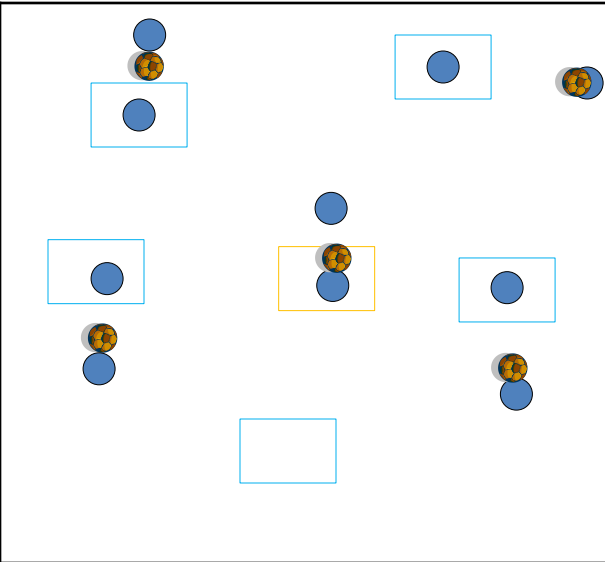




Economical training

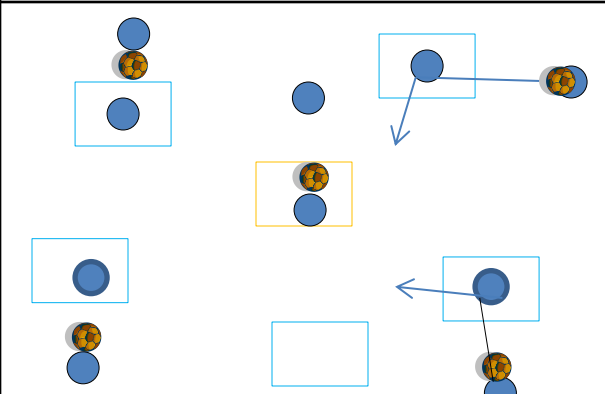


Organization

- 10 players -One inside a 5 yd square and one outside with a ball. Squares are set up like across with 1 open
1. Outside players pass into the square and inside players have 2 touches to pass pack
 2. Use inside of feet with receiving player coming forward with the 1st touch
 3. Use inside of feet going across the body and out the side of the square
 4. Use inside of the feet and go out the same side as foot used
 5. Central square now works the GK. Ball is passed in, the goalkeeper claims and rolls it out

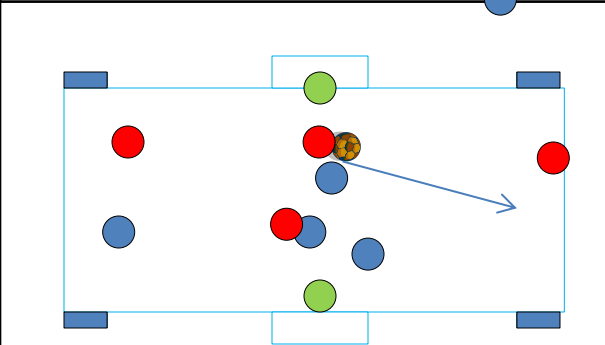
Coaching Points

- Coach passing technique
- Swing through the ball
 - Turn toe out
 - Strike center of ball
 - Follow through—don't cross legs
- Receiving technique
- Come and meet the ball
 - 1st touch takes the ball out of square
 - After 1st touch move feet in preparation for pass



- One player stays in the square and the player with the ball can pass to any other square
- The receiving players comes out the square with their 1st touch and changes places with the passer – except the GK Square
- Rule- players cant go out the same side that the ball came in
- Bring in the open square – players dribble in one side and dribble out the other

- Communication
- Readiness to receive
- Change the angle of the ball on receiving
- Awareness of open players or open square
- Change of pace and direction for the dribbling square

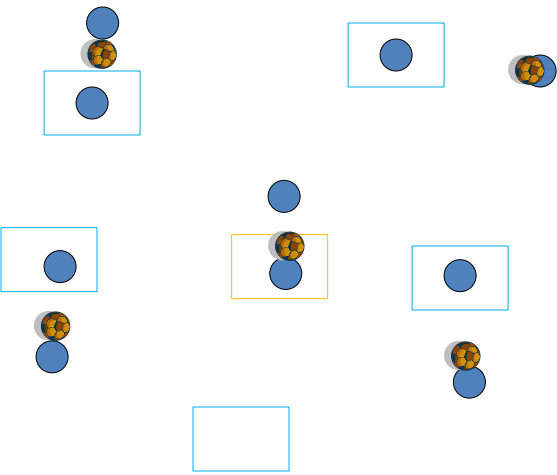
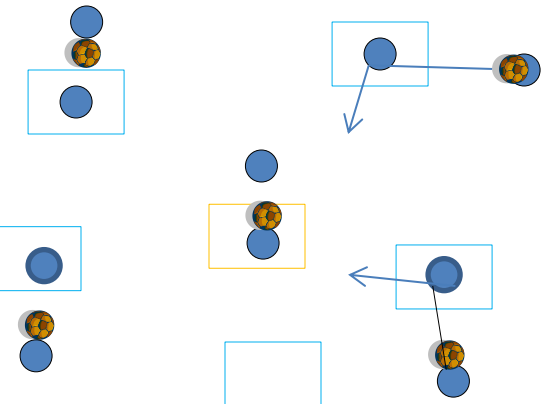
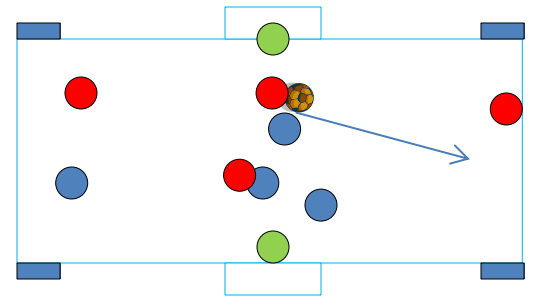


- 3rd progression 5v5 with keepers
 Area 30x40 with two 3 yard goals and one 5 yard goal
 Goalkeepers in the central goal
 Each team has 3 goals to defend and 3 to attack
 Players can dribble though the wide goals or pass to the goalkeeper in the central
 Finish with 5v5 to 2 goals playing the other way round

- Team Shape
- Coach the 1st touch away from pressure
- Awareness of weak side
- Coach in the flow the technical points from the build up



Keeper coaching points

	<p style="text-align: center;"><u>Organization</u></p> <p>10 players -One inside a 5 yd square and one outside with a ball. Squares are set up like across with 1 open</p> <ol style="list-style-type: none"> 1. Outside players pass into the square and inside players have 2 touches to pass pack 2. Use inside of feet with receiving player coming forward with the 1st touch 3. Use inside of feet going across the body and out the side of the square 4. Use inside of the feet and go out the same side as foot used 5. Central square now works the GK. Ball is passed in and the goalkeeper claims and rolls it out 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • On toes when moving • Keep weight forward • Keep balanced when moving • Square shoulders when fielding, head over ball. • Have one foot behind hands when scooping and scoop ball off front foot • On receiving step forward out of the box • When distributing hand should brush the floor so the ball doesn't bounce
	<ul style="list-style-type: none"> • One player stays in the square and the player with the ball can pass to any other square • The receiving players comes out the square with their 1st touch and changes places with the passer – except the GK Square • Rule- players cant go out the same side that the ball came in • Bring in the open square – players dribble in one side and dribble out the other 	<ul style="list-style-type: none"> • Be ready to make a save from any player • Short shuffle steps from side to side in preparation for save • Communication
	<p>3rd progression 5v5 with keepers Area 30x40 with two 3 yard goals and one 5 yard goal Goalkeepers in the central goal Each team has 3 goals to defend and 3 to attack Players can dribble though the wide goals or pass to the goalkeeper in the central Finish with 5v5 to 2 goals playing the other way round</p>	<ul style="list-style-type: none"> • Communicate and organize defense. Especially in transition • On saving the ball organize a team shape with width and depth