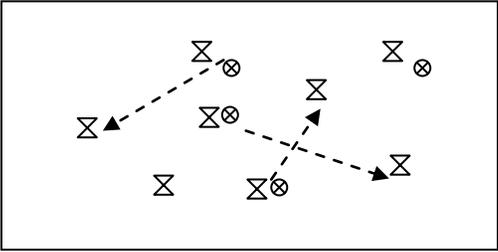
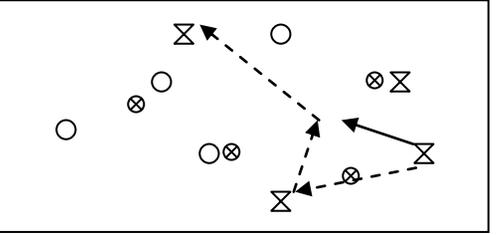
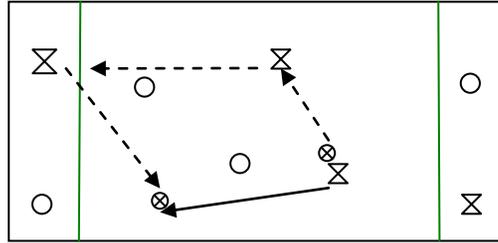
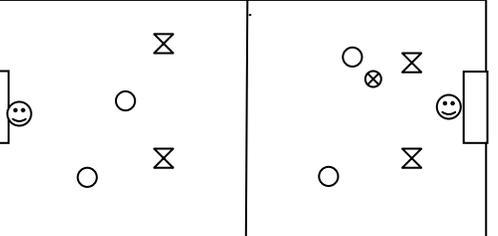


Awareness, Passing” Phase of play



<p style="text-align: center;">Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • Area should be age and field size appropriate. U 13-14. 8 players 40 x 30 • 8 players, 4 balls, pass and move • Low key movement warm up. • Introduce Moves, Fakes and Feints • Light Stretching exercises ‘warm up’ 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Relaxed movement with the ball, good body shape. • Close control, changing angles and direction of ball. • Players head up, being aware of the spaces around the grid area. Avoiding tight spaces. • Good balance and control with the ball. • Exploiting gaps between players with zigzag movements. Changing pace, playing at speed.
<p style="text-align: center;">Match Related Activity</p> 	<p>X’s play to X’s O’s play to O’s</p> <ul style="list-style-type: none"> • 8 Players 4 Balls playing to team-mates. • Diagram shows X player moving the ball towards a team-mate, playing a wall pass, gets the ball back and finds a third player with a pass between 2, O players. • <u>X’s play to O’s.</u> <u>O’s play to X’s</u> 	<ul style="list-style-type: none"> • Control ball out of feet, head up to see other players. • Observe space to get past and behind players. • Selecting the appropriate move to be used. • Changing the angle and direction of the ball. • Feinting and faking to move the other players • Change of pace to attack the back of players
<p style="text-align: center;">Match Related Activity</p>  <p style="text-align: center;">Coach</p>	<p style="text-align: center;">Two v Two with two targets in end zones</p> <ul style="list-style-type: none"> • Area of field 35 x 25 yard . • 8 players in practice 2 v 2 plus 2 targets • 2 zones 5 yards in from the end of the field. Diagram shows X players passing to team-mates, into a target and moving out wide to receive pass from the target. • Target players can switch with their own team-mates. X for X. O for O. 	<ul style="list-style-type: none"> • Observe team-mates movement off the ball • Observe the players ability to feint and fake. • Observe the players change of pace and angle with the ball. • Observe the players ability to exploit space in front and behind the defender. • Observe the ability to pass with accuracy and pace
<p style="text-align: center;">Game Condition Activity</p> 	<p>Area of field, 35 x 25 yard.</p> <ul style="list-style-type: none"> • 4 v 4, good supply of balls. • Two goals each end goalkeepers or back sweeper keepers optional. • Objective to keep possession, retaining space to penetrate into front players. • Objective to retain width and depth 	<ul style="list-style-type: none"> • Observe the players awareness on the ball and their ability to bring team-mates into the game. • Observe the players awareness of space to pass into. • Observe the players, awareness of passing lanes. • Observe the players ability to dribble when needed • Observe maintaining possession in defending third • Observe good possession through midfield.