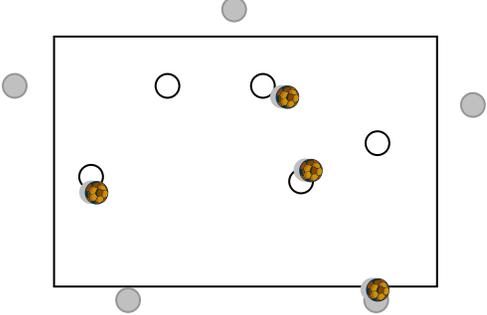
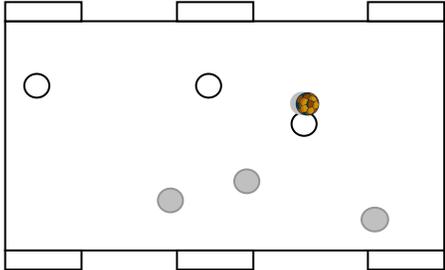
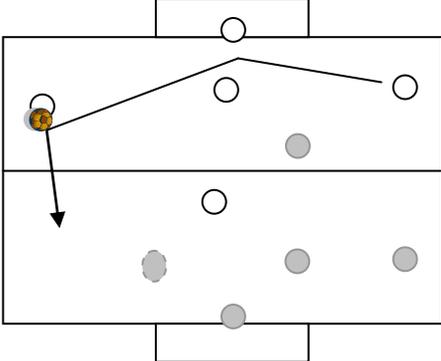




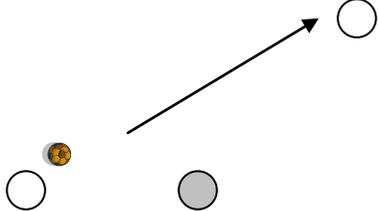
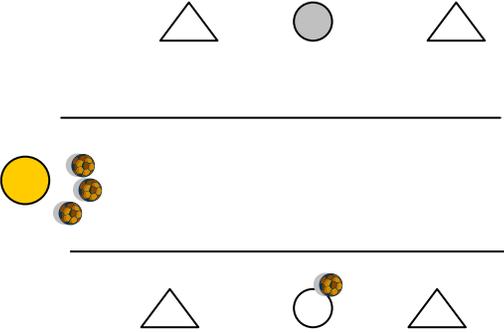
Session Switching play



	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Coaching Points</u></p>
	<p>10 Players half inside a 20x20 square 3 balls to start</p> <ol style="list-style-type: none"> 1. Players on the inside look to perform a turn with the ball and pass out 2. Outside players look to pass the ball to a player on the opposite side using the middle players 3. Add in more balls 	<ul style="list-style-type: none"> • Quality of turn • Speed of play after turn • Communication • Awareness of open player • Ball out of feet • Communication
	<p>Area 30x15 3v3 Each team has 3 goals to defend and 3 to attack To score players must dribble through side goals or pass through centre goal Add zones 1 touch in wide zone and unlimited in centre</p>	<ul style="list-style-type: none"> • Team Shape – Spread out in attack • Awareness of weak side • Creating a weak side- can the team pass or dribble on one side and switch • Creating an overload • Speed of play
	<p>Area 30x40 4v4 with Goalkeepers Players start out at first restricted to zones but can cross zones in possession of ball Each team has one players that must stay in the forward zone When the ball goes out Restart from Goalkeeper, from Ball into Forwards Finish with free play</p>	<ul style="list-style-type: none"> • Awareness of weak side • Communication • Team shape

Objective is to tie in a distribution session with a switching play session for the final game

Goalkeeper Training –Receiving and distributing

	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Coaching Points</u></p>
	<p>1. Goalkeeper with coach serving Ball at various heights</p> <ul style="list-style-type: none"> • Waist high • Chest High • Head Height • Above Head Height <p>2. Goalkeeper turns away from coach who calls turn and serves to promote reaction save</p>	<ul style="list-style-type: none"> • Eye on Ball • Position of hands • Position of feet • Knees bent • Timing of Jump • Creating a window • Catch ball at highest point • Move hands together
	<p>2 GK's 5 yards apart 1 coach 20 yards away Goalkeeper serves into other Goalkeeper and after saves he distributes into coach with a</p> <ul style="list-style-type: none"> • Over arm throw (bowling motion) • Punt • Pass off floor <p>Coach then serves into Goalkeeper1 and practice continues Rotate</p>	<ul style="list-style-type: none"> • Release point of ball (throw) • Ball out of feet • Kick through ball • Eye on ball
	<p>Goalie Wars 6 yard goals 15 yards apart Each goal has a 7 yard box line Ball starts with coach</p> <p>Coach serves into a keeper who claims and attempts to throw /kick the ball into the goal</p>	<ul style="list-style-type: none"> • Decisiveness • Feet Movement • Body Shape • Communication