




WEEK 4 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Stop / Change / Cut</p> <p>Every player with a ball</p> <p>Use the center circle, if no center circle exists, cone off a large circle</p>	<p>Players dribble around the circle in the same direction (teach them clockwise and counterclockwise). Players cannot dribble inside the circle, when dribbling past a teammate they must do so on their outside. Coach yells out a command and the players must do it. If they make an error they do 15 toe touches. Build up the progression, spend 1.5-2 minutes on each level before using all at once</p> <p><u>Progression:</u> 1) Stop – When the coach yells Stop, instantly the players must freeze with their foot on top of the ball (if their foot comes off the ball it is an error) 2) Change – players must perform a pull turn and dribble the other direction around the circle (give them a minute to practice the pull turn before using Change) 3) Use Stop and Change as commands mixed together 4) Cut – players dribble through the center of the circle to the other side, when they get to other side they continue dribbling (if they were going clockwise and you said Cut, they would continue clockwise when on the other side of the circle) 5) Use Stop, Change, and Cut as commands mixed together</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>3v1 To Goal</p> <p>3 attacker lines 35 yards from goal</p> <p>1 defending line next to the goal</p>	<p>Defender passes the ball out to one of the players at any of the three attacking lines. As soon as the defender passes the ball out, the action is live. The attackers try to score and the defenders tries to make it hard for them.</p> <p>Progression: 1) Attackers must make 3 passes before shooting 2) Attackers only have two touches (no pass requirement) 3) On attacker's reception touch, coach starts a countdown – attacking team has 5 seconds to shoot on goal</p>		<p>+Attackers: keep spread out, if you get to close together it allows the defender to guard you easier</p> <p>+Attackers: make it game realistic, attack with speed</p> <p>+Defender: Try to delay, force attackers into long range shots</p>
<p>3 Team Possession</p> <p>Create 3 teams (ideally 3-5 players per team)</p> <p>40ydsX40yds grid</p>	<p>Pick one color to start is the defending team, for 2 minutes that team will play defense versus the other two colors. The two colors not on defense try to keep possession of the ball from the defending team. Coach counts every sequential pass (in a row) the possession team makes. If the defending team steals the ball they attempt to keep it and kill off the clock (the possession team tries to recover the ball).</p> <p>Make it a competition by seeing which defensive team gets the lowest sequential pass total against them. For example if when defending Red has 5 passes in a row against them, Yellow has 8, and Green has only 4, then Green would be the winner</p>		<p>+ Possession team needs to spread out, over hit passes, move to supporting angles</p> <p>+ If possession team loses the ball they need to squeeze the field and try to recover the ball</p>