
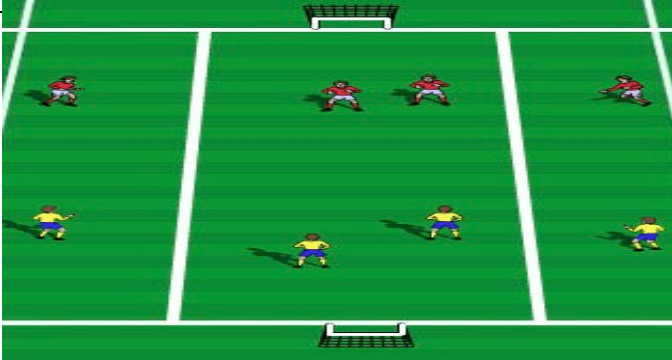
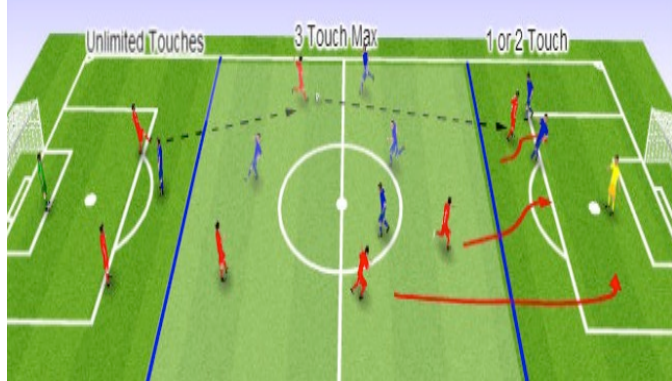


WEEK 7 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Monster Tag</p> <p>Every player with a ball</p> <p>25ydX25yd grid, small jail in the corner</p>	<p>- Coaches are the monsters (if there is only 1 coach, designate a player to be a monster too)</p> <p>- Players have a superpower (their turns) – each level has a different superpower – if a player does their superpower before the coach is about to tag them, they are safe</p> <p>TURN PROGRESSION: 1) Pull Turn 2) Cruyff Turn 3) Pull Push 4) Monster will yell out any of the three turns</p> <p>Spend 90 seconds reviewing each turn before each round starts – if monster tags a player then 15 toe touches in jail</p> <p>Videos of turns for Coaches to refresh their memory: Pull Turn: http://www.youtube.com/watch?v=4t3lQlvx9no Cruyff: http://www.youtube.com/watch?v=DOqQbamkPvE Pull Push: http://www.youtube.com/watch?v=uzBzRY2aKRE</p>		<p>+When learning the turns first walk them thru, then slowly speed up once the mechanics are down</p> <p>+If turns are easy, encourage players to practice them at game speed, with their head up, and/or with their weak foot</p> <p>+Encourage players to use these turns in their games</p>
<p>Vertical Zone Game</p> <p>2 teams – can play 4v4, 5v5, or 6v6</p> <p>40X40 yard field – 3 zones</p>	<p>Regular soccer, but players must stay inside their zone. This will isolate 1v1 battles on the wings and possession 2v2 (or 3v3) battles in the middle zone</p> <p>Progression: Allow team in possession to have one player when on attack join up on the wing (2v1 advantage)</p>		<p>+ Players in the wide channels should look to take on each other and deliver good crosses</p> <p>+Players in the middle channel need to combine with quick passes and on defense use pressure/cover</p>
<p>3 Zone Game</p> <p>Field is divided into thirds (defensive 3rd, middle 3rd, and final 3rd)</p>	<p>Regular game, except now the field is divided in horizontal zones. Players can move between the zones, but each zone has a limit on the amount of touches players can take. This game is designed to make defenders take less risk in the defensive 3rd (2 touch maximum), make midfielders play the ball quickly and increase their decision making in the middle 3rd (3 touch), and to encourage forwards to take players on and be creative creating goal scoring chances in the attacking 3rd (no touch requirement)</p> <p>DEFENDING TEAM'S BACK THIRD – 2 TOUCH MIDDLE THIRD (BOTH TEAMS) – 3 TOUCH MAX ATTACKING TEAM'S FRONT THIRD – UNLIMITED If players take more than the allowed touches it is a turnover</p>		<p>+ Play simple in the back, if in doubt clear the ball...do not try to dribble by players</p> <p>+In the middle third look to play quickly and connect with the forwards</p> <p>+In the final third take risks, try to dribble by opponents</p>