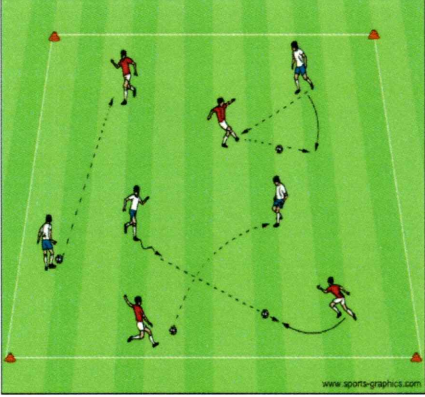
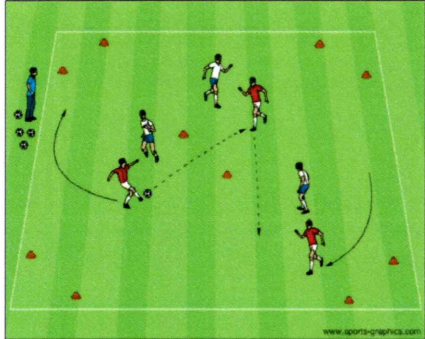
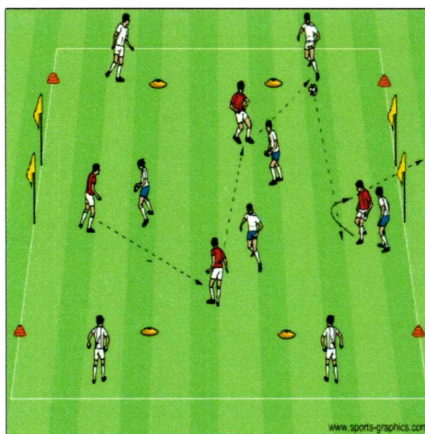




(10U) --- Week 12

Topic: Passing and Receiving

Technical Warm up	Organization	Coaching Pts.
	<p>Paired Passing: Two players passing and moving a ball between them in a defined space. After the player passes the ball, he/she shall move into another receiving position. Players should position themselves in passing lanes to receive and return a pass.</p>	<ul style="list-style-type: none"> • Technique of passing <ul style="list-style-type: none"> ○ locked ankle, toe up ○ eyes on ball at instant of contact, follow through to partner ○ strike ball solid through the middle, knees bent and balanced ○ receiving first touch – directional • Communication to ask for the ball <p style="text-align: right;">Time: 10 minutes</p>
<p style="text-align: center;">Small Sided Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p>3v3 5 Goal Game: In a 20x30 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. First team to get 10 points wins. Coach: First have the players receiving with inside of foot, outside, and weak foot.</p>	<ul style="list-style-type: none"> • Tech of passing and receiving • Finding the open gate or goal • Pace of the pass • First Touch – Directional • Clear Communication (demand the ball) • Supporting Shape <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Exp. Small Sided Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p>4v4 with Bumpers: In a 20x30 yard grid, two teams of 4 players each will try to score. Standing on each sideline will be 2 bumper players with 2 touches each who can be used at any time by the attacking team. If a team gets scored upon, they become the bumper players and the outside team plays on the field. Keep score and make the game competitive. Coach: Stress correct technique, receiving sideways on, and facing where they wish to play.</p>	<ul style="list-style-type: none"> • Soft 1st touch receiving into space, away from pressure • Proper weight, accuracy and timing of passes • Possession vs. Penetration • Proper angle and distance of support off the ball • Communication between players <p style="text-align: right;">Time: 25 minutes</p>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">7v7 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	