

Date:

Topic:



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> Phase 1: Using Brazilian Bolas, players will partner pass around a central cone Partners are 5-10 yards apart The focus of the lesson is the preparation touch or "first touch" The coach will provide various patterns and surfaces to play with i.e. Receive with the right and play with the left etc. Partners can pass and receive with both feet and then repeat with a size 4-5 ball 		<ol style="list-style-type: none"> 1. Receive into space to play. 2. Head low and steady, eyes on ball. 3. Strong core strength. 4. Receive and play with the sweet spot on your foot and on the ball. 5. Balance: address the ball when it is under your hips. Don't reach out for it! 6. Bring your eyes, head and shoulders down to play the ball. 7. Exaggerate technique.
Phase Two	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> Phase 2: Depending on numbers, set up 2-4 grids 12x12 sharing sidelines between each grid. One piney and ball in each grid. Organize players into groups of 4 or 5 in each grid and number each player 1-5. Players pass and move in grid until the coach calls a number. The number called will grab the piney and defend against the rest of the group. Both groups will possess until the ball goes out of play. The first group to lose the ball does fitness until the second group loses the ball as well. 		<ol style="list-style-type: none"> 1. Keep body shape open. 2. Receive in the direction you want to play. 3. Use small movements to deceive defender i.e. a lunge at the ball and then let it run across your body or stepping in one direction and playing the ball with the opposite foot. 4. Using good technique to play quickly. That means head low and steady on the ball. No reaching for the ball and passing while off balance. Sweet spot on the ball and on the passing foot when possible.
Phase Three	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> Phase 3: Transition game in the same grids. 5v2+ 3 waiting 2 defenders enter grid vs. 5 attackers. They must win the ball back to their side. Attackers must connect 8-10 passes for a point. Game to 3 or 5. If attackers lose the ball, 2 attackers immediately become defenders and enter the opposing grid to win the ball. Defenders can't just kick it out, they must win it and get it back to their side. 		<ol style="list-style-type: none"> 1. Move early to anticipate angles of support. Body shape to see the field is critical. 2. When possible, receive with the front foot. 3. Recognize time and space and utilize one touch option when needed. 4. Join teammates quickly and fill into vacant attacking spaces as needed. Read where you can help your team maintain possession. 5. Use deception to create time and space. Experiment with alternate passing surfaces including the toe as needed.
Game Phase	ORGANIZATION	KEY COACHING POINTS
PLAY!	. 4v4, 7v7 or 9v9 free play to goal or small goals.	Coach passing in the final phase of play