

Date:

Topic:



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> ➤ Split group in half using two grids 15x15 ➤ Number each corner of grid ➤ Dynamic warm up inside grids with or without ball or both ➤ On command groups must switch grids ➤ On command, all players in group must race to the number called out by coach ➤ Use commands to check for focus and use the restrictions to make a game or competition 		<ul style="list-style-type: none"> ➤ Concentration ➤ Multitasking ➤ Choose coaching points according to restrictions
<ul style="list-style-type: none"> ➤ Third progression combines skills and touches from progression one and two ➤ Set slalom and Brazilian cross together ➤ Groups of 3-4 ➤ Using bola, each player performs the slalom and goes directly into the Brazilian cross ➤ Alternating feet to train the inside and outside of both feet ➤ Combine feet for more freedom ➤ Continue for 10-20 minutes ➤ Repeat with size 4-5 ball 		<ul style="list-style-type: none"> ➤ Balance- use arms ➤ Wide base, low center of gravity ➤ Keep ball under hips with small touches ➤ Rhythm touches ➤ Core strength ➤ Head and shoulders low ➤ Contact the sweet spot on ball using arch and pinky toe ➤ Control over speed
<ul style="list-style-type: none"> ➤ 1v1 in a 10x10 grid ➤ 50/50 ball is served from cone for two players to collect ➤ Each player must hold the ball and shield it from the other until coach calls time ➤ Players should alternate partners ➤ Create a competition 		<ul style="list-style-type: none"> ➤ Use arms to feel pressure ➤ Wide base ➤ Low center of gravity ➤ Use different surfaces to manipulate the ball ➤ Create as much space between the ball and the defender as possible ➤ Recognize what side pressure is coming from and roll off when possible
<p style="text-align: center;">Game Phase</p> <p style="text-align: center;">PLAY!</p>	<p style="text-align: center;">ORGANIZATION</p> <p style="text-align: center;">. 1v1, 2v2 to goal. Entry ball with back to goal or to defender</p>	<p style="text-align: center;">KEY COACHING POINTS</p>