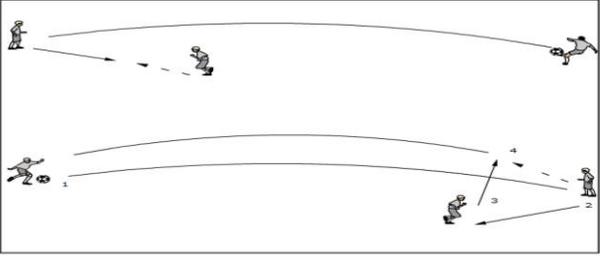
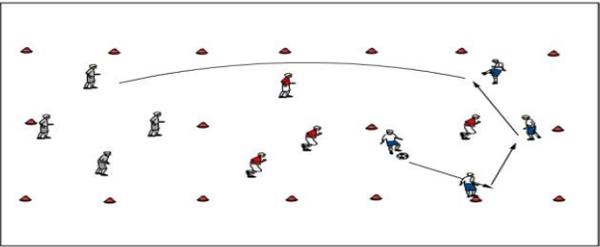
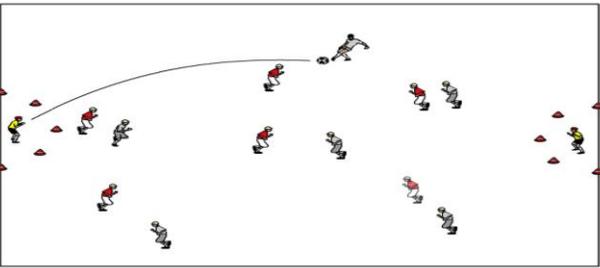
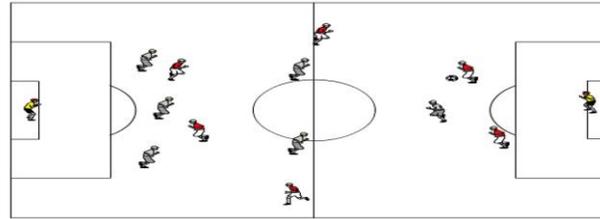


<p><b>Technical Warm Up</b></p> 	<p><b>Organization</b></p> <ul style="list-style-type: none"> <li>• Divide players into groups of three</li> <li>• Two players on each end line and one in the middle</li> <li>• An end player (1) passes long to the other end line</li> <li>• The receiving player (2) takes a touch and plays the ball to the central player who is providing support</li> <li>• The central player makes a short return pass (3) to the end player who plays it long to the other end and now takes on the role as the central support player</li> <li>• Start the sequence with shorter passes to warm up</li> </ul>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Selection of surface (inside for short and instep for distance)</li> <li>• Good preparation touch out from feet</li> <li>• Placement of non-kicking foot</li> <li>• Follow through to target</li> <li>• Approach ball at an angle</li> </ul>
<p><b>Small Sided Activity</b></p> 	<ul style="list-style-type: none"> <li>• 3 teams of 4 players in three marked training areas</li> <li>• Play 4 v 1 in one end grid with the defending player coming from the central training area</li> <li>• Attackers have to play three short passes and then play a long ball to the furthest training area - If the team is successful a different defender from the central training area must now defend</li> <li>• If the pass is unsuccessful or the defender wins the ball, the players from the central training area switch with the team that lost the ball and the game restarts in the furthest training area</li> <li>• Progression – Play 4 v 2</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of pass – Driven or lofted</li> <li>• Driven passes – Toe down and strike through the ball</li> <li>• Lofted pass – Strike the ball below center</li> <li>• Vision and body shape to play the pass early</li> </ul>
<p><b>Expanded Small Sided Activity</b></p> 	<ul style="list-style-type: none"> <li>• 40 x 30 Training Area</li> <li>• 6 v 6 + 2 Targets. Target must stay in the coned area</li> <li>• Players score by passing the ball to the hands of their designated target player</li> <li>• If a target player receives the ball they must then pass to an opposition player</li> <li>• Conditions:</li> <li>• Target receives ball above head high from lofted pass</li> <li>• Target receives the ball above waist high from driven pass</li> <li>• Successful passes made from within the defensive half count as 2 goals</li> </ul>	<ul style="list-style-type: none"> <li>• Set up forward pass with your first touch</li> </ul>
<p><b>Match</b></p> 	<ul style="list-style-type: none"> <li>• 4v4 – 7v7 + Keepers</li> </ul>	