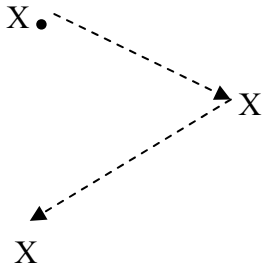
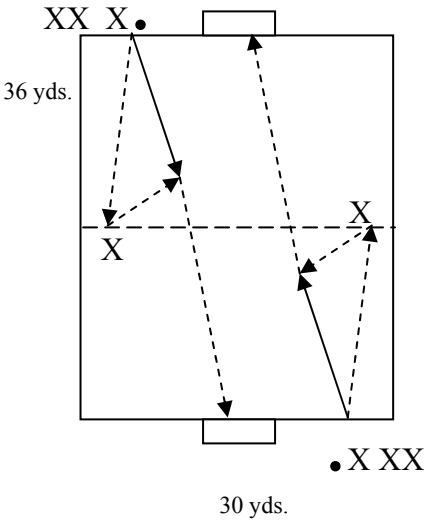
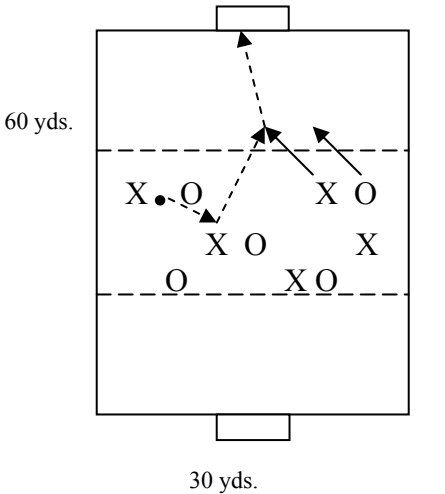
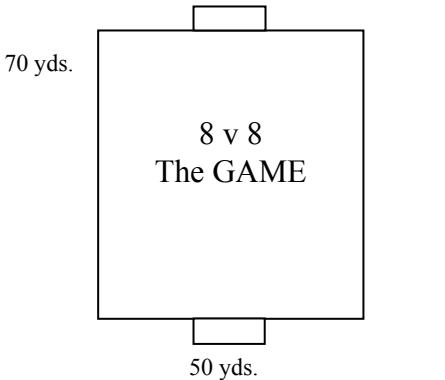


Topic: **Combining to Score**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Divide team into groups of 3. Each group begins with one ball, passing and moving collectively. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Two touch mandatory.</li> <li>▪ One touch mandatory.</li> <li>▪ One touch, two touch, one touch passing sequence.</li> <li>▪ Introduce combination play:                             <ul style="list-style-type: none"> <li>➢ Wall pass or 1-2 pass</li> <li>➢ Take-over</li> <li>➢ Double pass</li> <li>➢ 3<sup>rd</sup> man run</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics and general technique</li> <li>✓ Implications of first and second touches</li> <li>✓ Correct angle and timing of support</li> <li>✓ Verbal and visual communication</li> <li>✓ Keep the ball moving</li> </ul>
<b>Match Related I</b>			
<p>Two large goals with goalkeepers (30 x 36 area). Players form two groups and stand at opposite corners. One player begins as the target player in the middle. Target player rotates to opposite line; shooter rotates to target and so on. Continuous repetition.</p> <p>✓ Be sure to have plenty of balls at each end.</p>	<ul style="list-style-type: none"> <li>▪ Shooter has two touches to strike the ball.</li> <li>▪ Shooter must strike the ball with the first touch.</li> <li>▪ Strike surfaces:                             <ul style="list-style-type: none"> <li>➢ Inside part of the foot</li> <li>➢ Instep (Driven)</li> <li>➢ Outside part of the foot</li> </ul> </li> <li>▪ Be sure that the target player [spins] away from the ball and follows the strike on goal and finishes any rebound or 2<sup>nd</sup> chance opportunities.</li> <li>▪ Switch starting positions to other side of the field – same as above.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Accuracy, timing and weight of pass</li> <li>✓ Selection of striking surface based on time and/or opposition</li> <li>✓ Placement versus power – hit the target!</li> <li>✓ Positive mentality and confidence to score</li> <li>✓ Finish all 2<sup>nd</sup> chance opportunities – follow all shots (shooter and target player)</li> </ul>

Topic: **Combining to Score**

<b>Match Related II</b>			
<p>5 v 5 with goalkeepers to two large goals (30 x 60 area or as needed). Divide equally into three zones.</p>	<ul style="list-style-type: none"> <li>▪ Both teams can attack either direction.</li> <li>▪ Objective is to combine quickly and pass through a seam or gap for a teammate to run onto and finish.</li> <li>▪ Only one chasing defender is allowed to defend in the attacking zone.</li> <li>▪ Award a goal for six consecutive passes in the middle zone – this will ensure realistic pressure on the ball.</li> <li>▪ Implement the Offside Rule.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Correct attacking shape and balance</li> <li>✓ Awareness of passing gaps in the defensive line</li> <li>✓ Angle of through ball and timing of runs</li> <li>✓ Speed of thought and play</li> <li>✓ Finish technique and confidence</li> </ul>
<b>Match Condition</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 2:3:2.</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Find the most efficient and effective way possible to score</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Reduce heart rate.</li> <li>▪ Static stretching.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Review Session</li> </ul>