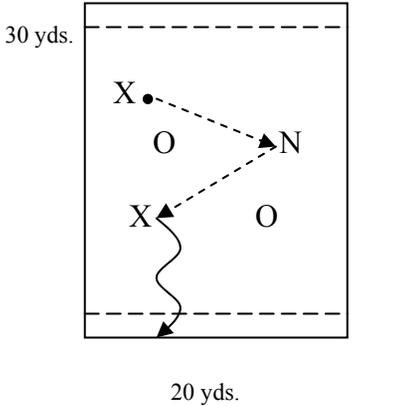
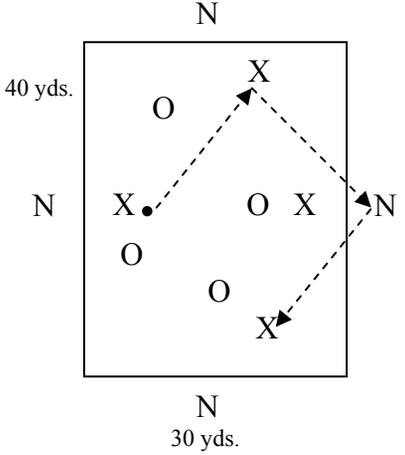
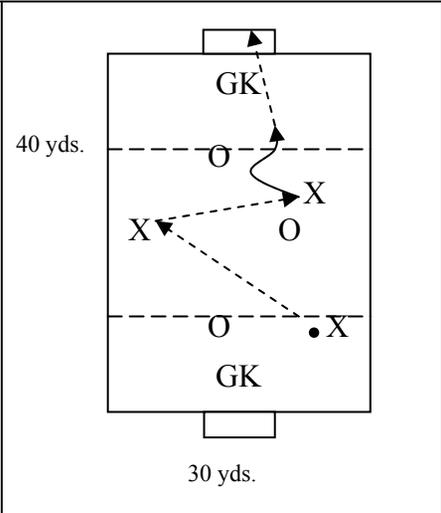
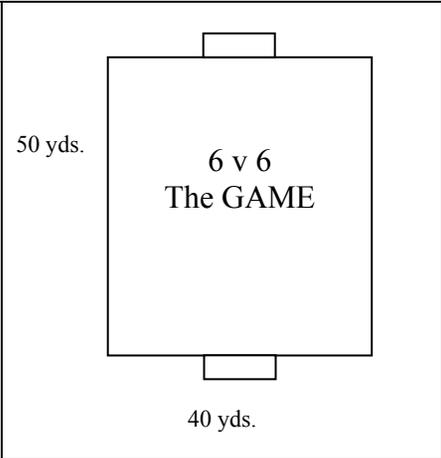


Topic: **Improving Vision**

Organization	Variations	Diagram	Coaching Points
<p><b>Unrestricted</b></p> <p>2 v 2 + 1 line or end-zone soccer (20 x 30 area or as needed). Neutral player plays for team in possession.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> <li>Objective is to score by combining with your teammate(s) and dribbling across the end-line or zone maintaining possession of the ball.</li> <li>Restrict players to two or three touches in possession, unless penetrating to goal.</li> <li>Limit the team in possession to 6-8 passes before they must score; if unsuccessful, possession changes to the other team.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics and technique</li> <li>✓ Accuracy and speed of pass</li> <li>✓ Implications of first and second touches</li> <li>✓ Decision when to pass versus when to dribble</li> </ul>
<p><b>Restricted</b></p> <p>4 v 4 + 4 neutral players who play on the outside of the area (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> <li>Objective to score is by connecting with an outside neutral player in a three-man combination.</li> <li>The neutral player should be limited to one or two touches depending on the level of play.</li> <li>If the neutral player has taken more than two touches, possession changes to the other team.</li> <li>Neutral players can pass to other neutral players as a last resort.</li> <li>Play to five and then rotate teams.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Correct supporting angles, timing and movement off of the ball</li> <li>✓ Disguise and deception of pass and runs</li> <li>✓ Verbal and visual communication</li> <li>✓ Quick transition once possession is gained</li> </ul>

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<b>One Goal with Counter Goals</b>			
<p>3 v 3 with goalkeepers to two large goals (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Define direction for each team.</li> <li>▪ Establish offside lines about 12 yards out from each goal.</li> <li>▪ Team in possession is limited to 6-8 passes to get a shot on goal.</li> <li>▪ Award an indirect free kick for receiving a ball and not looking up and/or not opening up to the field.</li> <li>▪ Limit time allowed for any restarts to 5 seconds or possession changes to the other team.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Supporting shape and balance for team in possession</li> <li>✓ Change of rhythm to exploit opportunities to penetrate</li> <li>✓ Speed of play and thought</li> <li>✓ Movement and timing of 3<sup>rd</sup> man runs</li> </ul>
<b>Two Goals</b>			
<p>5 v 5 with goalkeepers to two large goals (40 x 50 or as needed).</p>	<ul style="list-style-type: none"> <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>Dynamic movements and Static Stretching.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> <li>▪ Reduce Heart Rate.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Review Session</li> </ul>