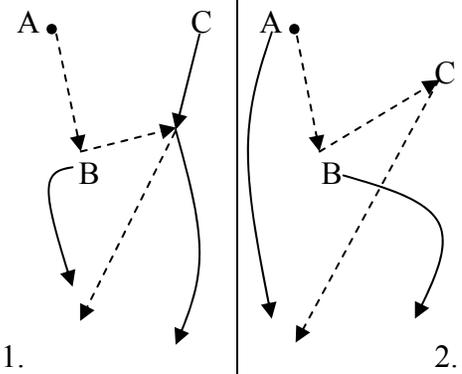
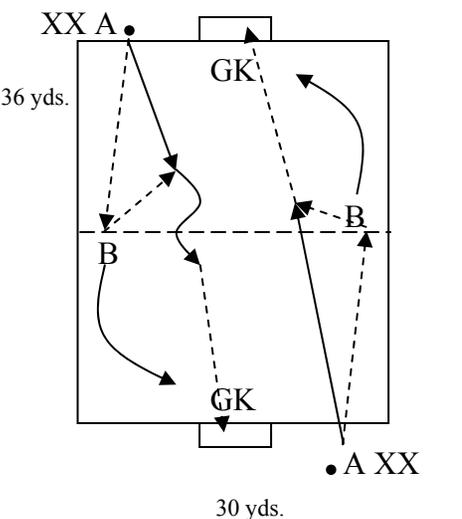
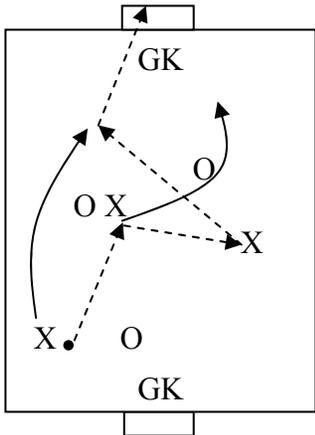
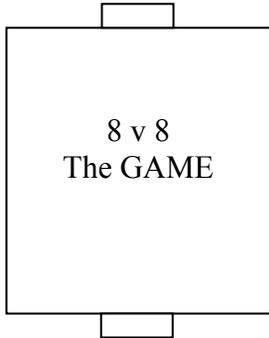


Topic: **Scoring Patterns of Play**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>Divide team into groups of 3. Each group begins with one ball, passing and moving collectively.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> <li>Pattern 1. (A) passes to (B); who plays ball into space for (C); (B) spins away from (C); who then plays a through ball back to (B). (C) continues forward and joins (B) in the attack. Continuous.</li> <li>Pattern 2. (A) passes to (B); who plays ball back to (C); (B) follows pass and runs forward; (A) then runs forward and receives a through ball from (C) into the space (B) created. (B) then joins the attack. Continuous.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics, shape, and general technique</li> <li>✓ Correct supporting angles, timing, and deceptive runs</li> <li>✓ Accuracy, weight, timing, and quality of [penetrating] pass</li> <li>✓ Verbal and visual communication</li> </ul>
<b>Restricted</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. Continuous repetition.</p>	<ul style="list-style-type: none"> <li>If the shooter receives the ball in the attacking ½ of the field, they must shoot the ball first-time.</li> <li>If the shooter receives the ball in the back ½ of the field, they have [one] touch to prepare the ball to strike.</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 which creates ball striking with the opposite foot.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Proper timing of pass and combining runs to goal</li> <li>✓ Proper selection of striking surface</li> <li>✓ Placement versus power – hit the target!</li> <li>✓ Positive attitude and confidence to score</li> <li>✓ Finish all 2<sup>nd</sup> chance opportunities</li> </ul>

Topic: **Scoring Patterns of Play**

<b>One Goal Counter Goal</b>			
<p>3 v 3 with goalkeepers to two large goals (30 x 36 area or as needed).</p>	<ul style="list-style-type: none"> <li>Objective is to combine and score by implementing trained patterns of play.</li> <li>Add a neutral player if necessary to create more success. <u>Be aware</u> – too many players decreases available space and may limit a player’s movement off of the ball.</li> <li>Implement the Offside Rule to keep it realistic.</li> <li>Rotate after time or once an established number of goals are reached.</li> </ul>	<p>36 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Correct attacking shape and balance</li> <li>✓ Awareness of passing gaps in the defensive line</li> <li>✓ Angled passes and timing of runs</li> <li>✓ Speed of play and decision making</li> <li>✓ Finishing technique and confidence</li> </ul>
<b>Two Goals</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 1:2:3:2.</li> <li>No restrictions.</li> </ul>	<p>70 yds.</p>  <p>50 yds.</p>	<ul style="list-style-type: none"> <li>✓ Find the most efficient and effective way possible to score</li> <li>✓ Find a way to win</li> <li>✓ Reward decisive actions</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>