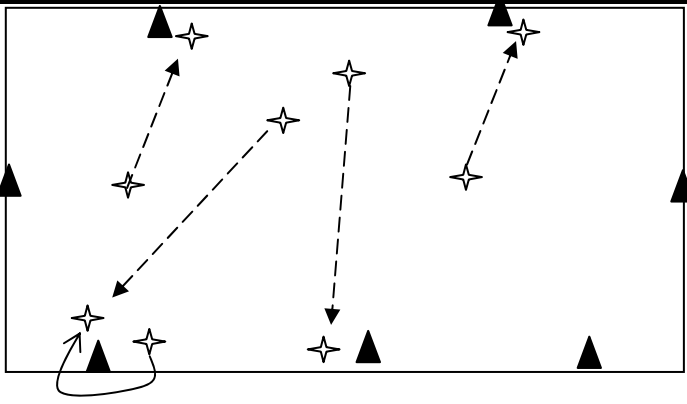
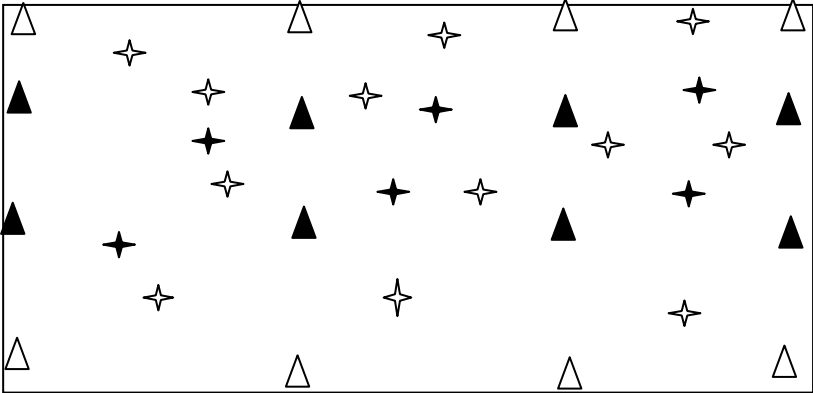
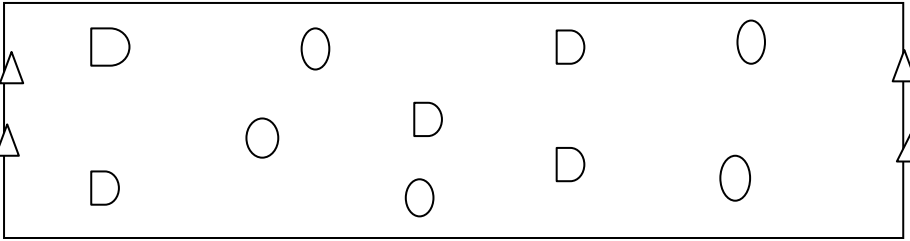
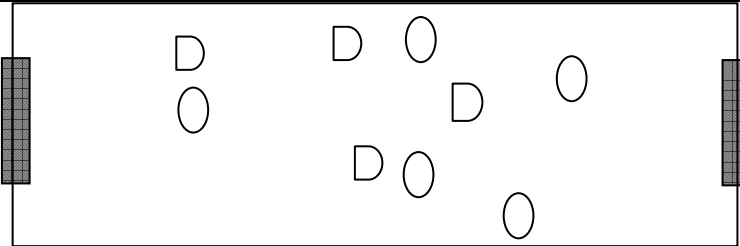


THEME OF PRACTICE: Passing for Possesion

Activity	Description	Diagram	Coaching Points
<p>WARM-UP free space/cones/gates</p>	<p>Dynamic Streching in area Partner up and pass to your partner after they move around cone once it is possessed take a few touches while partner runs around a cone, then you pass to them. Then progress to double wall passes. After getting pass you pass to partner then pass back to you. then partner will move to cone. Field 20x15</p>		<p>Head up Foot postion around ball. Heal down/toe Up bring hip through the ball. Demand for ball if you do not have it. Always moving</p>
<p>SSG</p>	<p>4v2 Players will be in desginated areas, will score points with each successful pass. Def. win ball can score goals on cones for goals or small goals used. Play for 5 minutes Highest scores play each other. Progress to 2 touches then 1 touch..or must have ball for atleast 4 touches...5 touches. Field area is 20x15</p>		<p>Movement to ball. Heal down Toe Up. Swing hip thourgh ball. Keeping ball under control. Good Pace on pass. Passing ball to correct foot. Communication</p>
<p>Expanded SSG</p>	<p>5v5 All players must have possession before team can shoot ball. Only start over when other team possess ball, not if hits off them. Don't give up on this one...once the team understand the team will benefit. Field is 50x45</p>		<p>Support ball; Front/back/sides body position on sheilding. Always in motion.</p>
<p>SCRIMMAGE</p>	<p>8v8: Scrimmage or do 5 v 5. With no restrictions, but keep in mind on what you just worked on.</p>		<p>Remembering to dribble for possession Keeping head up Supporting ball Good Passing with head up</p>

NOTES FROM PRACTICE: