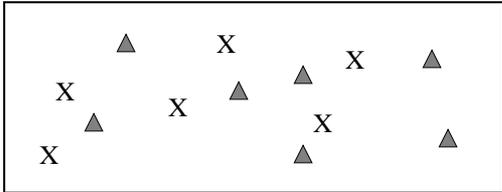
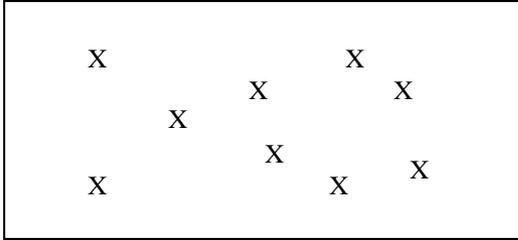
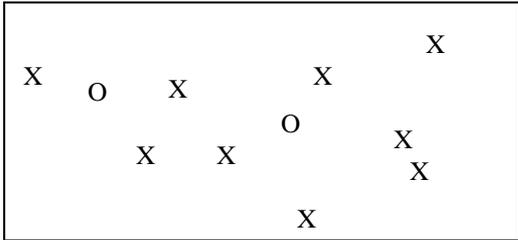
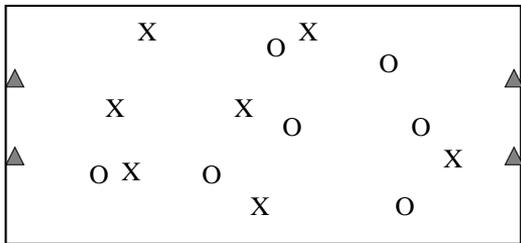


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Walk

<p>Fundamental - Warm Up - Dribbling around random cones</p> <p>* STRETCH</p>	<p>Organization</p>  <p>15 yds</p> <p>20 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - Keep control of the ball - Using all surfaces of the foot - Using both feet - player must be aware of opponents and space
<p>Match Related Activity KNOCK-OUT</p> <p>- Every player W/ball tries to knock everyone else's ball out while keeping control of their own ball</p>	 <p>15 yds</p> <p>20 yds</p>	<ul style="list-style-type: none"> - Low center of gravity "knees bent" - Keep body between ball and defender
<p>Match Related Activity KNOCK-OUT W/ defenders</p> <p>- Every attacker W/ball, defenders try to knock attackers ball out of the grid</p> <p>- Once player gets knocked out they must do 25 toe-taps</p>	 <p>15 yds</p> <p>20 yds</p>	<ul style="list-style-type: none"> - Keep head up - Find space - Change of pace - Change of direction
<p>Match Condition Game - GAME</p>		<ul style="list-style-type: none"> - Team "X" is up by two goals - They must keep possession of the ball without getting scored on
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	